ATLAS FLOUR COOK BOOK

Price Two Dollars

ATLAS FLOUR COOK BOOK

BY

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PRICE TWO DOLLARS

PUBLISHER

ATLAS FLOUR MILLS

MILWAUKEE

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Foreword

IN giving the ATLAS FLOUR COOK BOOK to the public, there has been in mind one thing, *practicability*. The endeavor has been to make it simple, clear and concise. The rules laid down are few and such as are necessary to the smooth running of the average household machinery. The recipes themselves have been culled from the very best authorities of this and past generations, of not only our own, but foreign lands. To all who have contributed to the work, sincere thanks are given. It is hoped that within the covers of this book, the touch of novelty, the "something different" may be found.

The ATLAS FLOUR COOK BOOK is one of the most complete and carefully compiled of any ever published. It contains 488 pages and 1542 recipes, with table of contents. It also contains chapters on correct setting of the table, the proper serving of courses, tables of measures, menus for special occasions—like birthdays, weddings, etc.

The author of the ATLAS FLOUR COOK BOOK has a nation-wide reputation. Each of the recipes has been tried out and has been found to be practical and economical. We will appreciate any suggestions or comments for correction or improvement that any of our friends may send to us that we can use in future editions; and will gladly and promptly express our appreciation in response to such letters.

The ATLAS FLOUR COOK BOOK sells for $2.00, but can be secured by sending direct to the millers, ATLAS FLOUR MILLS, MILWAUKEE, WISCONSIN, ten of the coupons contained in the 24½ lb. bags (⅛ bbl.) or 49 lb. bags (¼ bbl.) of ATLAS FANCY FLOUR. These coupons are put into these bags as a further inducement to the consumer to use "ATLAS FANCY FLOUR" continuously, and as a compliment to the constant users of "ATLAS FANCY FLOUR" from the manufacturer.

ATLAS FLOUR MILLS,
MILWAUKEE, WISCONSIN.

This Guarantee Appears On Every Bag Of ATLAS FANCY FLOUR

"We believe ATLAS FANCY FLOUR to be the most perfect flour milled. So confident are we of its excellence that we sell it under OUR QUALITY GUARANTEE. If this sack of *Atlas Fancy Flour* does not give *perfect results—make better bread* than ordinary flour and *prove itself* entirely *satisfactory,* we authorize the dealer to *refund without argument* the *full purchase price,* if the unused portion is returned to him.

ATLAS FLOUR MILLS,
Milwaukee.

READ THIS, YOU WILL FIND IT INTERESTING

ATLAS FANCY FLOUR is produced in one of the most modern flour milling plants now in existence in the United States. The most improved and advanced methods are used in its manufacture. *It is milled entirely from washed wheat.* Every kernel of the wheat used in its manufacture is thoroughly washed in the purest artesian spring water, so as to absolutely remove every possible impurity from the wheat before it is ground. Throughout the milling plant, the flour is sifted by machines which are *clothed with silk bolting cloth,* especially made for this purpose, and imported from Switzerland. Throughout the milling plant there is a *suction of air* applied to all the machinery so that from the time that the wheat enters the milling plant until the finished product is packed into bags, every precaution is taken for the sanitary handling of the product, and *scientifically eliminating every particle of impurity.*

While "ATLAS FANCY FLOUR" frequently will cost more than ordinary flour, it is worth so much more to the consumer! For the following reasons:

I.—It is so much more pure and refined.

II.—On account of its containing so much larger percentage of gluten, which is the health and strength giving quality of flour, it will produce so much better a *quality* of bread; but what is just as important, so much more *quantity* of bread with the same given quantity of flour.

III.—Bread and cake made from "ATLAS FANCY FLOUR" have that rich all-wheat flavor which can be found only in a superior article like "ATLAS FANCY FLOUR."

IV.—Bread made from "ATLAS FANCY FLOUR" will have that creamy-white, appetizing color, with that beautiful velvet-like texture, which is so inviting to the palate.

V.—"ATLAS FANCY FLOUR" will make bread that is not alone appetizing, but is easily digestible, having been safe-guarded by having all impurities thoroughly and completely removed.

VI.—It is most economical to use "ATLAS FANCY FLOUR" because on account of its dryness so much more water can be used in the baking, which results in a larger amount of bread or cake.

VII.—"ATLAS FANCY FLOUR" is an all-around flour, which can be used equally as well for bread, cake, and other pastry; and consequently the housewife can use it for all purposes under all circumstances.

VIII.—"ATLAS FANCY FLOUR" is sold under an absolute guarantee of quality, without any conditions attached to it, so that the dealer that sells the same is authorized to refund without argument, the full purchase price, if the unused portion is returned to him, if "ATLAS FANCY FLOUR" does not give perfect results and make better bread than ordinary flour, as well as prove itself entirely satisfactory in every respect and particular to the consumer.

ATLAS FLOUR MILLS, MILWAUKEE.

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Atlas Flour Cook Book

I.—SETTING THE TABLE

NO attempt will be made to go into elaborate details in these suggestions; the one end and aim is simplicity coupled with correct service, which is easy to attain and a mighty adjunct towards making the routine of three meals a day run smoothly.

The Breakfast Table

A DISH or basket of fruit with a few flowers should be in the centre of the table; a finger-bowl on a doily-covered plate at each place. At the right of the plate, a knife, and the needed spoons, also a fruit knife, if it is necessary, and a glass of water. A butter-spreader and egg-spoon may be across the top of the plate. At the left are a fork and folded napkin and bread and butter plate with a pat of butter. At the head of the table this service is supplemented by the coffee cups, sugar bowl and cream pitcher, and the tile on which the coffee pot rests. The foot of the table, usually occupied by the head of the house, has the requisite number of spoons, knife, fork, or whatever is needed for serving the menu.

Breakfast in most families is a very informal meal, fruit is passed, then the cereal is served in a bowl or saucer put on a plate which replaces the one containing the fruit. The cream and sugar are passed on a tray. During the eating of the cereal, the maid brings in the coffee and the main breakfast, the hot plates are in front of the host, who fills each one, and it is placed from the right directly in front of the person for whom it is intended. The coffee is placed also at the right close to

the edge of the table. Hot toast, muffins, or rolls are placed on a doily-covered plate and passed at intervals. If hot cakes or waffles are to follow the plates are changed, replaced by hot ones, and an extra knife and fork are put on when setting the table.

A bare table with centre-piece, plate and tumbler-doilies is permissible for breakfast. Often at country homes, the breakfast table is laid on a covered porch, and on these occasions the small English breakfast table with drop leaves is very convenient.

The Luncheon Table

THE setting of the luncheon table is much like that described for breakfast, only the finger-bowls come with the dessert unless a fruit course is served. Spoons and forks are at the left, knives at the right, in the order in which they are to be used, beginning at the outside; the dessert spoons or forks need not be put on if the supply should be short, for it is perfectly proper to bring them on at the time they are needed. At the upper left-hand corner put the bread and butter plate with the spreader; at the right, place the tumbler and wine glasses, if wine is to be served, and an individual dish for salted almonds is allowable.

The napkin may be laid at the left or upon the service plate, according to what the first course is to be. Salt-shakers are placed for each two persons midway between the two covers.

Handsome luncheon linen may be used which consists of doilies and centre-piece to match, and candles and shades are permissible. Generally they should correspond in color with the flowers used in the centre of the table.

The Dinner Table

FOR formal dinners every detail must be considered with care. The table is covered first with a "silence" cloth, which permits the fine table cloth to lie smooth without a wrinkle. It

must hang over the sides at least a quarter of a yard. The covers or places for each guest should be at least twenty inches apart to avoid unpleasant crowding. The handsomest plates a housewife owns should be put at the covers; these constitute the service plates and are on the table from the first; they remain until the fish or first hot course after the soup is served. It is an unwritten law of these latter days that a guest should always be confronted with a plate until the dessert; but this depends largely upon the ability of the maid and the resources at command and is not absolutely necessary at informal home dinners. The service plate goes on exactly in the middle of the alotted space about one inch from the edge of the table. Remember that the knives must always have the sharp edge turned in, and with the forks are placed in the order in which they are to be used, beginning at the extreme right. At the right of the knives, the soup spoon comes with the bowl turned up, then the oyster fork and the fork for *canapés*. At the left are all the forks with tines turned up, the last fork to be used closest to the plate. No bread and butter plates or butter chips are used at formal dinners. The napkin goes at the left, goblet and wine glasses at the right of the cover.

If dinner cards are used, and they are often a great convenience, they are placed upon the napkin. A card bearing the monogram of the initials of the hostess is always in good form as well as a plain small card with the name written on it. Menu cards are not used at private affairs unless some special occasion or some entertaining or amusing feature is to be illustrated in that way. Floral arrangements are very simple and avoid all suggestion of elaborate detail. The hostess usually arranges them herself.

The lighting of the dining-room is a most important factor. The most artistic illumination is from candles or lamps placed not higher than the head, or from a low-hung centre light well shaded. Rose pink is a most satisfactory color-scheme in either sunlight or candle light. Red is effective for certain occasions and is a good winter color, suggestive of warmth and

hospitality. In summer, the hostess may always be certain that green combined with white will surely please.

There are two equally proper ways of serving a formal dinner party; it all depends upon which is the most convenient. With plenty of help the entire dinner may be served from the butler's pantry, each course arranged upon the individual plate.

The maid or butler takes the plate upon a folded napkin, not a tray, puts it in front of the guest from the right side upon the service plate until after the soup course, which is removed with the service plate, and the next plate put on close to the edge of the table. Then the dishes that are to be served are passed upon the folded napkin at the left of each guest, being held low, so that the person may use his right hand easily.

Guests are served in rotation, beginning alternately at the right and left of the hostess, going in the opposite direction for each successive course.

Second Way of Serving

THE other way is to have the first course on the table when dinner is announced, the heavy course arranged on a platter, cut in small pieces with the necessary serving spoon or fork; this is passed to the left. Each course is removed after every one has finished, one plate at a time. It is bad form to pile up plates to remove them.

If wine is served it should be renewed with each course. Finger-bowls are brought in with dessert; black coffee and cordials follow. It is becoming quite the custom to serve the latter in the drawing-room to the ladies while the men remain for fifteen or twenty minutes to smoke over their coffee and liqueurs.

An Informal Dinner

THE family dinner with one or two guests differs from the formal affair, for if the hostess pleases she may serve the soup from a tureen herself. Fish may be served by the host and

the meat or fowl may be served by him also. All vegetables and side dishes are passed to the left of each guest, as required. The hostess or the host may make the salad, the hostess serves the dessert and pours the coffee. The bon-bons and relishes may be placed on the table.

Serving at a Formal Luncheon

THIS is much the same as for a dinner, only the coffee and cordials are served at the table, which may be bare or with a handsome cloth. The soup is served in two-handled cups, wine is seldom offered, but if it is served, it should be sauterne. When luncheon is announced the hostess simply asks the guests to follow her into the dining-room.

The informal home luncheon is an every-day affair at which the hostess pours the tea; there are no roasts or heavy courses; in fact, just dishes arranged from the dinner of the night before are usually served, with something sweet for the last dish.

Notes on Serving

CANAPÉS, raw oysters or clams, cocktails or chilled fruits are usually placed upon the service plates before the guests enter the dining-room, but it is equally proper to place them after the company is seated. Small sandwiches or crackers are served with raw oysters or clams, also slender stalks of celery and radishes. Bread sticks or dinner biscuit accompany soups, also salted wafers.

With the fish course, cucumbers, cress, radishes, cooked potatoes in small balls with melted butter may be served. Salted nuts and olives may be passed also.

It is much the best form to have all vegetables dry enough to serve on the plate; for this reason peas and string beans are best served with just a little melted butter, without the time-honored cream sauce.

Sherbet, which is frequently called sorbet, is a frozen ice or punch served as a course in the middle of a luncheon or dinner. It is supposed to be stimulating and prepares for the

part of the meal which is to follow. It is served just before the game or salad in a small glass resting on a plate covered with a doily. Only a heaping tablespoonful is served.

A vegetable salad should be served with game; a meat salad should not be served at a dinner, and is only permissible at a luncheon when there is little or no meat served before.

Serve after-dinner coffee after the dessert plates have been removed; fill the cups only three-quarters full. Sugar and cream may be passed, but as black coffee is supposed to aid the digestion very few diners use them.

Bon-bons should be passed just before the guests leave the table.

Late Suppers

SUNDAY night suppers and after-the-theatre spreads are most popular forms of entertainment, being purely social and giving opportunity to extend sincere and cordial hospitality to one's most congenial friends.

These little suppers with the guests seated about the board are truly enjoyable. A good menu is one that consists of a hot bouillon, dainty sandwiches, salad, a hot or cold *entrée*, coffee with cream, or hot chocolate, and there may be a sweet to top off with.

Sometimes the chafing-dish is used. All the viands may be on the table and serving table, for at these affairs no maid is necessary, unless it happens that there is some special guest, when form and service may seem to be a requisite. Guests are supposed to help themselves and assist the hostess. The "little supper" furnishes an occasion for the hostess to become famous.

The following dishes will be found helpful in arranging a menu: oyster cocktails, any sea-food creations, cold meats, salads of all kinds, tarts, custards, frozen desserts, small cakes, accessories of olives, nuts, cheese, celery and bon-bons.

Five o'Clock Teas

THE five o'clock tea may be formal or informal with several intimate friends, or the "four hundred." For the cozy affair, the tea is brewed and served in the drawing-room, on the porch, anywhere but in the dining-room, and only the simplest things are passed, such as plain bread and butter sandwiches, small cakes, cookies, and fancy sandwiches, with hot tea, chocolate, or coffee for cold days, and iced tea, coffee, or chocolate, or a fruit punch for hot weather. No elaborate service is required; the hostess makes the tea and pours it and the guests help one another.

For a large tea, the refreshments are served in the dining-room, the table arranged with flowers and lights. Usually special friends are asked to "pour" at either end of the table, one for coffee, one for chocolate, serving half an hour at a time.

There may be a *frappé* served in the hall. Servants pass the trays and other refreshments, which should be several varieties of tiny sandwiches, a salad (at the discretion of the hostess), olives, salted nuts, and a frozen sweet, like ice-cream, sherbet, an ice, or a *mousse*. The servants necessary are one at the door, two in the kitchen, two in the dining-room, a maid for each dressing-room, and a carriage man.

String music is an adjunct and plenty of flowers artistically disposed throughout the rooms, which are usually darkened and artificially lighted.

Buffet Luncheons

AT these functions, from twenty-five to one hundred and fifty guests may be entertained; two o'clock is the hour and there are three ways of serving the company. The guests may fill the dining-room and be served *à la réception* or chairs to seat all at once may be placed in the various rooms, with a small table in each room, where a young woman or a young matron pours the coffee or chocolate for those to be served.

If the guests are not many, they may be seated, four to six, at small tables.

The menu usually consists of a bouillon or clear soup, fish, croquettes or patties, salad, sandwiches or hot buttered rolls or biscuit, a frozen sweet, and small cakes. A more elaborate menu consists of *canapés*, soup, fish, croquettes or patties, peas or asparagus, salads, a frozen sherbet, and beverages.

Receptions

RECEPTIONS are a favorite way of paying one's social debts in a wholesale manner. It is quite customary for two or three friends who are indebted to about the same people to entertain together in this manner. The hours are from three to five or four to six, the house is darkened and lighted artificially, and decorated with palms and cut flowers. String music is an addition.

The refreshments are served from the dining-room table, which is arranged with flowers, candles, extra plates, napkins, bon-bons, salted nuts, and olives. Sandwiches, coffee, and chocolate are served with a frozen sweet. *Frappé* is served, generally in the hall.

II.—CANAPÉS, COCKTAILS, AND FRUITS

THE recipes in this chapter are to be served as a first course at luncheons or dinners. They are supposed to whet the appetite for the dishes that follow. In Europe one always finds them. At very formal affairs, they are placed on the service plates after the guests are seated, but usually they are at each place when the meal is announced. Be careful that they are made of things that do not appear again in the other courses. *Canapés* precede oysters and at informal affairs they may take their place before the soup. Tiny sandwiches of white or brown bread may be served with raw oysters and clams; also small celery stalks, radishes, olives, and watercress.

At stag affairs, *canapés* are sometimes served in the drawing-room or library, just before dinner is announced. They are accompanied by wine or whiskey cocktails, or whatever the host may wish to serve.

The Making of Canapés

USE for the foundation bread that is two days old. It may be toasted or fried crouton fashion, though the nicest possible way is to butter it lightly, then set it in a hot oven to brown delicately. Cut the bread oblong, diamond-shaped, in rounds, or with a cutter that has a fluted edge. While the toast is quite hot, spread with the prepared mixture and serve on a small plate with sprigs of watercress or points of lemon as a garnish. Still another way is to cut the bread into delicate fingers, pile it log-cabin fashion, and garnish the centre with a stuffed olive. For cheese *canapés*, sprinkle the toast thickly with the grated cheese well seasoned with salt and paprika. Set in a hot oven till the cheese melts and serve immediately.

Canapés are usually spread with a flavored butter, made as follows: The butter is creamed as for cake, then into it is rubbed whatever flavor is desired. It can be prepared twenty-four hours before it is needed, beaten until perfectly smooth, then packed and left in a jar to blend. Cover it closely and set in a refrigerator to be used when required. Among the condiments which go to make savory butter are anchovies, either the paste or the canned fish, caviare, salmon, horseradish, watercress, or an intermingling of chopped olives and pickles.

Canapés should always be attractively garnished with parsley, watercress, gherkins cut into strips, a radish tulip, fancy olives, or hard-boiled egg.

Anchovy Canapés

CUT white bread in oblong strips, toast and spread lightly with butter and mayonnaise dressing. Lay two or three strips of boneless anchovies across toast diagonally and fill in spaces with minced hard-boiled eggs and minced beets; first the white, then the beet, and lastly the yolk. A pretty and delicious appetizer.

Egg Canapés

MIX two or three cooked yolks with two tablespoonfuls of butter, add four anchovies or the same amount of caviare or lobster, or even sardine paste, which comes in tiny cans and is convenient for the sandwich as well as the *canapé*. Soften this with lemon juice and spread on buttered toast, cover with whites of the eggs, minced fine, and put in the centre a tiny cucumber pickle curl. To make these cut a pickle in slices not quite through, leaving a strip, then put the ends together. It is a pretty garnish, if the gherkin is small enough.

Ham Canapés

MINCE and mash to a smooth paste half a pound of cold boiled ham, add two tablespoonfuls of currant jelly, one tablespoonful of soft butter, and half a teaspoon of curry powder,

or half this amount of paprika if the latter be preferred. Spread this paste on round pieces of toast and garnish with chopped, cooked eggs, whites and yolks separate, minced pickles, green peppers, and olives.

Oyster Canapés

CUT slices of brown bread in heart and diamond shape, remove the muscle from twelve large oysters and cut fine. Add a tablespoonful of chopped pickles, two tablespoonfuls of horseradish, and three tablespoonfuls of chopped celery. Mix with a third of a cup of mayonnaise dressing, and two tablespoonfuls of Worcestershire sauce. Mix well, and spread over the buttered bread or toast. Cover with thin slices of pickled beets, cut in fancy shapes.

Canapés Lorenzo

CHOP crab meat fine, season with salt, cayenne, and a few drops of lemon juice, moisten with thick white sauce. Spread circles of toast, delicately browned, with this mixture. Sprinkle thickly with grated cheese, brown in the oven, and garnish with parsley.

Sardine Canapés

FOR sardine *canapés*, toast lightly diamond-shaped slices of stale bread and spread with a sardine mixture made as follows: Skin and bone six fine sardines, put them in a bowl and rub to a paste with a silver spoon. Add two tablespoonfuls of lemon juice, a few drops of Worcestershire sauce, a dash of paprika, two teaspoonfuls of chopped parsley, and four tablespoonfuls of creamed butter. Garnish with a border of whites of hard-cooked eggs, finely chopped, and on top scatter shredded olives

Egg-rings Filled with Caviare

SPREAD small rounds of brown bread with mayonnaise; place a ring of hard-boiled egg over this and fill the ring with a thin layer of caviare, then the yolk of the egg pressed through

a fine sieve; season with a sprinkle of salt and a few grains of paprika. Arrange on a small plate, surround by small cubes of cucumber dipped in French dressing.

Lobster Canapés

A SIGHTLY and delicious *canapé* is one covered with a lobster mixture. Shape the bread with a fluted cutter and toast it. Chop one cupful of lobster meat, season with salt, paprika, and lemon juice. Then moisten with a thick white sauce. Spread this mixture, rounding it slightly like a meringue on the bread, cover with creamed butter into which a small portion of white of egg has been worked, sprinkle with grated cheese, and brown delicately in the oven. The meat of crabs or shrimps may be used, if preferred, instead of lobster.

"Dame Curtsey" Canapés

CUT white bread in rounds with cutter, toast and butter, lay on a slice of ripe tomato, spread it with some deviled ham, then grate cheese over all, and season with paprika. Put in oven until the cheese is melted, and serve hot.

Caviare Canapés

MAKE toast rounds, spread with the following mixture; three tablespoonfuls of caviare paste, one teaspoonful of lemon juice, one-half teaspoonful of paprika, two tablespoonfuls of butter, one-half cupful of finely chopped watercress.

Herring Canapés

TOAST oblong pieces of crustless bread, spread them with butter mixed with a very little French or German mustard, cover them with finely minced sour pickle, and then dust with grated hard-cooked egg yolk and dispose upon each a boneless herring, the imported variety, which are not expensive, and flank each side of the herring with strips of cooked egg white cut from end to end of the egg.

Chicago Canapés

MAKE round slices of toast, butter them and, while hot, lay on each a slice of tomato one-half an inch thick. But before putting the tomato on the toast, scoop out carefully all the soft part, leaving a cavity between each connecting section. Into this cavity put a mixture of caviare, cooked egg yolk, lemon juice, and cayenne. Chop the egg white very fine, pile it in a mound in centre of tomato, and in the centre of the mound put a tiny flower. If caviare is not convenient, anchovy, chopped pickled cucumbers with beets and olives may be used, and a sprig of chervil or parsley may be used instead of the flower.

Bonne Bouché

MAKE some pastry cases by covering tiny but deep patty pans with rich pastry, and then cut very narrow strips of the pastry to make a rim for the cup. Bake them and when cool they will slip from the pans. When ready to serve, fill them with *pâté de foie gras*, made quite soft with whipped cream and seasoned with salt and cayenne or paprika. On top of each one put a tiny mould of aspic jelly. These are also suitable to serve with the salad course. The aspic is made out of clear veal or beef stock, stiffened slightly with gelatine and seasoned with a few drops of sherry and tarragon vinegar, or use cider vinegar and a bit of onion juice if without tarragon vinegar.

Frozen Chicken Glacé

SOAK one-fourth box of gelatine in one cup of cold chicken liquor; when softened add three cups of hot chicken stock seasoned with herbs, salt, and vegetables; cool and add two cups of whipped cream; turn into a freezer and proceed as for ice-cream; then serve in bouillon cups with saltines.

Clams

CLAMS on the half-shell and clam cocktails are prepared the same as oysters. Many people can eat clams who do not like oysters, so a hostess is very safe in serving them.

Clam Cocktail

WASH the desired number of Little Neck clams in fresh cold water, scrubbing each with a small brush. Wipe them dry. Open, and cut the clams clear from their shells. Serve five or six in a cocktail glass or in tomato cups in the following sauce. Allow one tablespoon of lemon juice, a few grains of cayenne pepper or a drop or two of tabasco sauce to each person, with a teaspoon of tomato catsup. Omit the latter if clams are served in tomato cups and add a pinch of mustard to the lemon juice. Some people like a few chopped capers and a dash of onion juice added to this sauce. If tomatoes are used they should be uniform in size and firm. Peel and cut a slice from the stem end, carefully scoop out the inside, sprinkle with salt slightly, invert on a plate and chill them thoroughly. When ready to serve them, arrange each tomato in a double grapefruit glass, having both filled with finely cracked ice. Make a depression in inside glass of ice and nestle the tomato in this, dispose sprays of parsley about the tomato over the ice; the latter will prevent its wilting. Put the clams in the tomato cups and pour over the sauce. Garnish the top of each cocktail with pimolas. Serve with small cress sandwiches.

Little Neck Clams

ALLOW six clams for each plate, have them opened and reserve the shells. When ready to serve fill soup plates with chopped ice; clean the shells and sink six halves in the ice. Place a clam in each shell, garnish with a quarter of a lemon and a sprig of parsley and serve with horseradish.

Lobster Cocktail

ONE pint cold cooked lobster cut in cubes, one cupful strained tomato sauce, one tablespoonful tarragon vinegar, six drops onion juice, four drops tabasco sauce, two tablespoonfuls lemon juice, four tablespoonfuls olive oil, one saltspoonful salt, one-half saltspoonful white pepper, one tablespoonful finely minced heart celery.

Lobster Cocktail Sauce

Mix the lemon juice, olive oil, salt, and pepper and pour the mixture over the prepared lobster. Allow it to stand on ice for two hours. Combine the tomato sauce, vinegar, onion juice, and tabasco sauce. When ready to serve, place one portion of lobster in each glass.

Raw Oysters

Allow six oysters to each person. Buy in the shell, Blue Points are the best. Keep on ice, on the lower half shell; place on oyster plates with finely cracked ice. Put a half lemon cut in quarters in the centre of the plate. Salt, pepper, cayenne, horseradish, tabasco sauce are the condiments used.

Oyster Cocktails

Two dozen small oysters, keep on ice. Place oysters in a small glass and add the following sauce just before serving.

1 tablespoonful of horseradish.
1 tablespoonful of vinegar.
2 tablespoonfuls of lemon juice.
½ teaspoonful of salt.
½ teaspoonful tabasco sauce.
1 tablespoonful Worcestershire sauce.
1 tablespoonful tomato catsup.

Allow about one tablespoonful to each glass. In case of emergency, cocktail sauces put up by a reliable maker may be used with satisfactory results.

Grapefruit Cocktail

For six persons, mix eight tablespoonfuls of grapefruit juice with two of sugar syrup, add two tablespoonfuls of maraschino if liked. Add a few tiny pieces of the pulp and pour the whole into small glasses filled with cracked ice. This should be drunk from the glass and not eaten with the spoon.

Banana and Lemon Cocktail

SELECT fine lemons of uniform size with smooth skins. Wash clean and dry on a cloth; then cut a rather thick slice from the small end of each, and carefully scoop out the pulp, putting the latter through a lemon-squeezer. Dice ripe bananas and add to them two-thirds their measurement in lemon juice. Sweeten to taste and add ice-water to make of the proper consistency. Serve the mixture in the lemon cups on a bed of crushed ice. On the top of each cup, heap a tablespoonful of pistachio ice and put a maraschino cherry in the centre of it.

Grapefruit Cup

ALLOW one grapefruit for each four or five to be served. Cut the fruit into halves, crosswise, then cut around the pulp in each section and take it out in neat pieces; cut the pieces into halves, reserve all the juice. Put a teaspoonful of red bar-le-duc currants into each glass, the grapefruit with juice above and sprinkle lightly with powdered sugar. At discretion take, for six glasses, a teaspoonful each, of kirsch and curacoa and divide among the glasses. Let stand in a cool place until ready to serve, then finish each glass with a generous tablespoonful of orange, grapefruit, lemon or pineapple sherbet.

Fruit Fillip

CUT four large oranges in two and lift out carefully with an orange spoon the sections of fruit. Free the inside of each orange shell from skin and prepare the following fruit salad. The pulp of the oranges, kept as whole as possible, two bananas cut in fine dice, three tablespoonfuls brandied cherries cut in halves, half a cupful of Malaga grapes, halved and seeded, four tablespoonfuls of powdered sugar; over these pour two tablespoonfuls of sherry and one teaspoonful of rum. Allow this to stand on the ice half an hour, then fill each half of the orange with fillip. Serve on green leaves arranged on small plates.

Serving Grapefruit

THE bitterness of the grapefruit may be entirely disguised by cutting the fruit in two and pouring into each half one tablespoonful of good rum and one teaspoonful of sugar; one half a grapefruit is served to each person. In place of rum, if desired, Rhine wine, Madeira, or sherry may be used, and sugar added to suit the taste. Grapefruit served with strawberries at luncheon or dinner, before soup, makes an agreeable appetizer. The fruit should be cut in two, the pulp removed, and the juice pressed out; to each gill of juice, half a gill of Rhine wine, sherry, or Madeira should be added, and one tablespoonful sugar. Fill the grapefruit with strawberries and pour in it the juice and wine.

Grapefruit Cup

CUT fine grapefruit exactly in halves, scooping out all the pulp, and with sharp scissors cutting the edges of the rinds into points or scallops. Sweeten the pulp, add shredded pineapple. Halve white grapes, and cut preserved ginger into thin slices, fill the rinds and dot maraschino cherries over the top. Pour a little grapefruit juice over all. Keep on ice till time to serve.

Grapefruit Oriental

TAKE grapefruit, honey, claret, preserved ginger, allowing one-half a small grapefruit to each person. With a pair of sharp shears remove all the white membrane in the centre. Then remove the seeds and loosen each division of the fruit. When thus prepared pour over each half two tablespoonfuls of strained honey. Set on ice for three hours. When ready to serve fill the cavity in the centre with finely chopped ginger mixed with sherry.

Fruit Cup with Fruit Garnish

TAKE one quart of unfermented grape juice or an equal amount of juice from canned berries or cherries. Add one

pint of water in which has been dissolved one cupful of sugar, and pour over one cupful each of maraschino cherries, diced pineapple, and pulped and seeded grapes and three oranges peeled and thinly sliced; add a generous lump of ice and two quarts of charged water or strong lemonade; add more sugar if necessary and stand aside for at least half an hour before serving. Strain and serve with a topping of fruit sherbet and a garnish of fruit.

Strawberries

HEAP strawberries sprinkled with powdered sugar into crisp timbale shells or lay them with their hulls left on in a ring around a cone of powdered sugar, which can be moulded into shape in a sherry glass.

Pineapple in Grapefruit Shells

SHRED one pineapple very fine and mix it with the carpels of three grapefruit and with enough sugar syrup to suit the taste. It should not be very sweet, however. Scoop out the halves of the grapefruit, cut the edges in points, and fill with the fruit mixture. Decorate with stars of angelica, which is made soft enough to cut by soaking it in a lemon syrup. The grapefruit pulp should be left in as large pieces as possible, as it is easily cut with the teaspoon with which the mixture is eaten. If one desires, a green jelly may be used instead of the angelica. Green mint jelly may be cut with a potato ball cutter into tiny balls and placed on the fruit the last moment before serving. This should be eaten with a spoon.

Orange Cups

SELECT large thick-skinned oranges. Take a slice from each end, then cut cleanly in two and lift out each section of fruit. Remove pith with a sharp curved knife. Keep fruit and cups in ice chest till needed. Drain the juice from the orange section; to it add a small quantity of soaked gelatine and sugar enough to sweeten it, then pour into a square tin,

where the jelly will not be more than half an inch thick, and set on the ice to mould. When ready to serve, sprinkle the orange sections with powdered sugar, add the jelly cut into half-inch cubes, and with this fill each shell, heaping it high in the centre. You can serve any summer fruit in this style, making a jelly from the orange juice, as suggested, and adding to it, before you fill the shells, strawberries or red raspberries, sliced bananas or large cherries and a few orange sections. Sprinkle the fruit with powdered sugar, but handle carefully as the beauty of this dish, as well as its delicious flavor, depends on the fruit being kept perfectly whole with a transparent cube of jelly showing here and there.

Fruit Cup

ONE cupful sliced apricots, one-half cupful chopped pineapple, one-half cupful maraschino cherries, one-half cupful white grapes, skinned and seeded, one cupful kumquats, sliced very thin, one cupful of sugar syrup, flavored with curacoa, and one pint of fruit ice or sherbet of any flavor desired, lemon is the best.

Pineapple and Orange Iced

PARE half a ripe pineapple and cut into half-inch slices. Then remove the core and cut the slices into dice. Peel three oranges carefully, separate the sections, and remove every bit of membrane and the thin skin. Divide each section into two or three pieces. Mix the two fruits lightly together and place in a glass dish or salad bowl. Sprinkle with sugar and place on ice for two or three hours. Then cover with a layer of finely shaved ice, and garnish with pitted cherries. Serve before the ice has time to melt.

Bananas en Surprise

SELECT perfect fruit, pale yellow without black spots and not too large. Prepare one for each guest. Cut the banana lengthwise, not separating the two pieces at the stem end, so

that the top will lift like a lid. Remove the fruit and, with a potato scoop, make four perfectly round balls which will fill the banana skin again. Put these back in the skins and pour in as much lemon juice, sufficiently sweetened with sugar, as the skin will hold. Lay the lid back and place carefully on ice. When opened the banana looks like a mammoth yellow pea pod. Serve on lace doilies on a fancy plate, a banana being placed at each guest's place before the company is seated. Eat with a spoon.

Lemon Cups

SLICE off the stem end of the lemon and utilize it for a lid. The easiest method for emptying the shell is to press out the juice on a cup-shaped lemon squeezer. With part of this juice make a plain lemon jelly. Do not sweeten it too liberally and tint it with leaf-green coloring. Cut into small cubes and mix with stoned cherries, raspberries, or pineapple. Sprinkle with powdered sugar. Fill the lemon cup, bore two holes in the lid, stick in a couple of soda water straws for a suggestion of a handle, and set on a small plate with a doily underneath.

Orange Bouillon

SQUEEZE and strain sufficient orange juice to measure one quart. Put into a double boiler with one-half of a cupful of granulated sugar, cover and stir occasionally until the sugar is dissolved and the mixture scalded. Dissolve two tablespoonfuls of arrowroot with one-half of a cupful of cold water, add to the contents of the double boiler and stir constantly, until thickened and clear, then cover and cook for five minutes. Set away until chilled, then add two tablespoonfuls of curacoa cordial. Serve in glasses with cracked ice.

Small Muskmelon Appetizers

CUT the shell into a basket, with part of the rind left as a handle Scoop out the pulp, breaking it as little as possible. Add to the meat from four small melons, four tablespoonfuls

of sherry, two sliced bananas, one cupful of red raspberries, and a quarter of a cupful of powdered sugar. Heap this mixture in the melon basket and serve ice-cold.

Watermelon, Chilled

FROM the very ripe centre of a very cold melon cut slices an inch thick. Cut in cubes or rounds, mix six teaspoons of powdered sugar and six teaspoonfuls of rum. Put fruit in glasses, pour rum over, and serve with a bit of shaved ice in each glass.

III.—SOUP AND SOUP ACCESSORIES

A GOOD soup is not difficult to achieve, although the number of ingredients incorporated in some seems complex to the novice. At a formal dinner, a clear soup or a *consommé* is served unless the courses are rather light in character, when a *purée* or thick cream soup is permissible. Soup plates are generally used with a dinner service, but the exact size and shape cannot be given as the styles in soup plates change. At luncheons bouillon cups are used.

At formal affairs the soup is served from the kitchen or a side table and is placed on the service plate before the guests come into the dining-room if it is not preceeded by *canapés*, clams, or oysters. For the home dinner "*en famille*" or with a few guests, the hostess may serve the soup from a tureen; in either case only a ladleful is put in each plate.

Soups may be divided into the following classes: clear or *consommé*, a thin soup made from chicken, veal, or beef; cream soup, a slightly thickened liquid made from chicken or vegetables; *purée*, a thick soup made from milk, water, and minced vegetables; bisque, a thick soup made from various stocks with milk, fish and shell fish, also vegetables; and chowder, thick soup with quite large pieces of meat, fish, shell-fish, and vegetables.

With but a small outlay the housekeeper may keep a supply of essentials on hand for soups, besides having in her emergency closet a few cans of reliable brands and a jar of standard beef extract. In winter, turnips, carrots, onions, and celery are all obtainable and the coarse outer stalks of celery not fit for the table are excellent for the soup pot. When celery is not in the market celery salt is a very good substitute. Then there are always the sweet herbs, thyme, savory, marjoram, bay leaves, and the spices, — cloves, whole peppers, and stick cinnamon.

Exact measurements of seasonings cannot be given as so much depends on one's individual taste, so this must be left to the judgment and intelligence of the cook when proportions are not mentioned. As a rule salt is added until the soup tastes right, not salty; pepper to give it pungency and life, not until it burns and bites.

A noted Frenchman has said that soup bears the same relation to a dinner that a doorway bears to a house. It is safe to say that cooks of all nationalities have made soups one of their chief considerations and the recipes gathered here have been culled from the very best authorities.

A word to the young housekeeper as to the proper use of soups. A clear soup is the only thing appropriate for a formal dinner and it is always highly seasoned, which makes it stimulating. Serve only small portions. For formal luncheons, velvet cream soups are popular. *Consommé,* bouillon, and Julienne all are strong, clear soups that may be served in cups at dinners. If cups be lacking the *consommé* may have asparagus tips added, or cheese balls, and be served in plates.

To Make Soup Stock

Cook a knuckle of veal and a beef bone in cold water with six potatoes cut in dice, three or four tiny onions, and four carrots. After skimming it let it simmer but not boil on the back of the stove for four or five hours. Let it stand in a cool place all night and skim off all fat.

Don't throw away soup meat, if it remains in sightly pieces. The beef fibre is left, and not a little nutrition. It may be made into a very palatable stew with a cup of the stock, seasoning of Worcestershire sauce, cayenne pepper, and the addition of root vegetables or peas previously cooked in salted water. Soup meat makes good hash, savory scallops, and croquettes which are in no way to be despised; only remember, much depends on the seasoning and on the slightest reheating possible, as it has already been well cooked.

It is safe to say that much good soup material goes to waste daily in the average American household, simply because the modern general maid-of-all-work is not trained to saving for the soup-pot, which is always done in French families, whether of high or low degree.

Good stock may be made from all new materials, but it does not compare with that made from left-overs such as scraps of meat, bits of vegetables, gravies, etc. Mutton fat is not usable and should not be saved. In cold weather soup-stock will keep three or four days. For each pound of material new and old, add a quart of water (it wastes one-half in cooking). Let it stand an hour or two, then put over the fire and bring slowly to a boil and let it simmer all day. Add salt when about half done and any other seasoning desired. Dried herbs for seasonings may be bought by the package if one is a not fortunate enough to have grown and dried them. If it should be necessary to add more water it must be boiling, not warm, or even hot. Strain the stock and set in a cool place, for the more rapidly it cools the better flavored it will be. If the soup is poured in glass fruit jars, the fat which arises to the top will act as a preservative and may be removed when ready for use. Never serve a greasy soup, as it is the mark of a very poor soup-maker.

To Clear Soup

CLEARING soup only adds to the appearance and not to the quality and it is not necessary to go through the process for our daily dinner. It is a thing, though, that every cook must thoroughly understand, for *consommé* and bouillon should be "amber" hued when guests grace the festal board.

Measure the amount of stock to be cleared, then allow to each quart the half-beaten white and crushed shell of one egg; beat well, then just bring to a boil, stirring constantly. The very moment the boiling point is reached put the kettle where the contents will merely simmer for a half-hour, closely covered. Dip a napkin in hot water and strain the soup through, first

wringing the napkin so the water is all out of it. The result should be all that is desired.

One quart of soup serves seven or eight persons.

A wooden spoon is best for stirring soup, and meat should be lean and fresh, put on in cold water. One quart of water to one pound of meat is the rule, but if very strong stock is desired use less water.

The Making of Cream Soups

THE vegetables are boiled, drained, and mashed through a colander or sieve and then returned to the water. Stock or milk is generally scalded with the seasonings. Thickening is made by cooking the butter and flour until it is smooth, then the hot milk or stock is added gradually; strain it and add the vegetables. If egg is used it is added when the soup is boiling, beating it slightly with a little hot cream. Highly seasoned white or chicken stock is best for a cream soup. Whipped cream is put on after the soup is in the plates, with garnishings sprinkled over the top. Arrow-root is often used for thickening, as it is delicate and makes a finer soup. Never boil soup after the egg has been put in; whip with an egg-beater and serve at once.

How to Bind Soups

CREAM soups and *purées*, if allowed to stand, separate unless bound together. To bind a soup, melt butter, and when bubbling add an equal quantity of flour. When well mixed add to boiling soup and stir constantly.

How to Make a Purée

COOK vegetables or meat in water or stock until very tender; the seasoning should be added the last hour. Remove the large pieces of meat and bones; then press through a colander and return to the water. All this may be done hours before the soup is needed Remove the fat when cold, heat, and add sauce made of hot butter and flour well cooked; when all are mixed the garnishings may be added.

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To Make Bisques

FISH should be cooked in water or stock for half an hour. Oysters and clams are cooked in their liquor for three minutes and seasonings are according to taste. Cook the butter, add flour, stirring constantly until boiling hot milk or stock is added and thoroughly blended.

How to Make Chowders and Heavy Soups

SAUTÉ (that is, fry) meat or fish in bacon, pork, or butter (never lard); add water, stock, vegetables, and seasonings. As usual in all thick soups the butter and flour must be well cooked together, the stock or water thoroughly blended in. Heavy soups like these are served in special small soup or regular terrapin plates with a dessert spoon. Sometimes bowls are used.

Claret Consommé

1 pint of clear beef stock.
1 stick of cinnamon.
1 pint claret.
1 pint hot water.
1 tablespoonful of sugar.
3 yolks of eggs beaten.
3 whites of eggs beaten.

POUR one cup of *consommé* over the yolks of eggs, cook until the spoon is coated, add the rest and fold in the whites of eggs after removing from the fire. This may be served ice-cold if the weather is very warm at either a luncheon or dinner party.

Consommé

2 pounds of lean round steak.
2 quarts of cold, strong, highly flavored stock.
Whites of two eggs and crushed shells.

PLACE the steak in a hot frying pan, cook quickly on both sides; when browned, chop fine or run through the chopper,

then cover with the stock, add the half-beaten whites and crushed shells and clear, then strain. Re-heat and serve. This is a most excellent rule.

Consommé with Eggs

DROP poached eggs into *consommé* just as you send it to the table.

Consommé with Macaroni

PUT small bits of carefully cooked macaroni into hot *consommé*.

Consommé à la Royale

BEAT the whites and yolks of two eggs until well mixed. Add four tablespoonfuls of *consommé*, two drops of onion juice, a palatable seasoning of salt and pepper. Put the mixture in a cup and stand it in hot water until the custard is set. Cut into blocks, and add to hot *consommé* at serving time.

Consommé with Poached Egg Yolks

TO EACH portion of *consommé* add one egg yolk poached in some of the *consommé*. Separate the white from the yolk and slip the latter into the hot broth heated in an omelet pan. Keep broth just below the boiling point. When the yolks are poached remove from broth with skimmer to each portion.

Tomato Consommé

1 quart of meat stock.
½ can of tomatoes.
1 small onion.
4 whole cloves.
1 small apple.
1 tablespoonful butter.
1 level tablespoonful of flour.
1 bay leaf.
Salt and pepper.
1 cupful of whipped cream.

PLACE the stock in a saucepan with the tomatoes, bay leaf, apple, and onion. Stick the cloves in the onion and slice the

apple. Cook for twenty-five minutes. Strain and add the salt, pepper, and the butter and flour creamed together. Return to the fire and cook slowly ten minutes. Strain into the cups and serve with whipped cream on top.

Consommé for Eighteen Guests

2 pounds of beef off the round.
1 knuckle of veal.
5 quarts of cold water.
1 tablespoonful each of diced carrots, turnips, and onions.
1 tablespoonful salt.
½ teaspoonful of sweet marjoram.
½ teaspoonful thyme.
1 bay leaf.
1 sprig of parsley.
2 tablespoonfuls of sherry.
1 lump of loaf sugar.

SIMMER the meats for four hours, add vegetables and cook one hour, strain, cool, and clear. When ready to serve add sherry and sugar. To thicken slightly, dissolve one tablespoonful of arrow-root with a little cold soup, add to the hot soup, and stir till boiling.

Bouillon

4 pounds of chopped lean meat.
2 quarts of cold water.
1 wineglassful of Madeira.
Then slices of lemon for each cup.

COVER the meat with the cold water; let it stand two hours in a cool place. Cook until there is a little over one quart, clear, and strain. When heating to serve put in the wine, and the lemon slice is put in each cup the last thing.

Iced Bouillon

FLAVOR beef bouillon with a small quantity of sherry or Madeira wine, chill, and serve cold.

Clam or Oyster Bouillon

ONE pint of clams or oysters, chopped fine, add the liquor, one pint of water, one-half teaspoonful of celery salt, one blade of mace, sprinkle of cayenne, one-quarter teaspoonful of salt. Cook together; when boiling strain through cloth. Serve in cups, adding whipped cream to each cup.

Chicken Bouillon

1 quart of chicken stock.
2 tablespoonfuls of sherry.
½ teaspoonful of beef extract.

HEAT the clear chicken stock, add the seasoning, strain, and serve.

Clear Barley Soup

BARLEY may be utilized in serving a clear soup. Wash the barley, two tablespoonfuls, put it down in boiling water to cover, allow to boil up and throw away the water. Cover again with boiling water and let simmer until the barley is tender, when it may be added to a quart of good beef stock, in which it will cook from fifteen to twenty minutes.

Julienne Soup

THREE carrots, three turnips, three onions, three leeks (if you have them), white part of a head of celery. Cut all in pieces about an inch long. Place in a stew pan with two tablespoonfuls of butter and a small pinch of sugar, stir over a slow fire until slightly browned. Cook in three quarts of clear stock until the vegetables are tender. Remove scum and fat, and a half-hour before the soup is done add two lumps of sugar, two pinches of salt, sprinkle of pepper, two cabbage leaves, twelve sprigs of parsley chopped fine and left in boiling water for one minute. Boil half an hour longer and serve with bread fried in dice shape. This soup should be a clear brown.

English Beef Soup

TAKE two pounds and a half of lean beef, cut off and lay aside about one-quarter of a pound and pass the remainder through the meat chopper. Pour over it three pints of cold water, let stand for half an hour, then heat gradually and simmer for three hours, then strain. Boil separately until tender two tablespoonfuls of fine barley and one-half a cupful of diced carrot. Cut the reserved piece of meat into tiny pieces, peel and thinly slice one small onion and brown with the meat in a spoonful of dripping; add one scant cupful of finely cut celery and one cupful of boiling water, and simmer for an hour. Stir in two tablespoonfuls of flour smoothly mixed with cold water, add gradually the meat stock, and stir for a few moments. Bring to the boiling point, add the previously cooked carrot and barley, one-half of a teaspoonful of Worcestershire sauce, one tablespoonful of tomato catsup, and salt and pepper to taste, then simmer for ten minutes longer.

Oyster Celery Bisque

CHOP fine sufficient celery tops to make half a pint, put them in a saucepan with a pint of water and simmer slowly for fifteen minutes; drain, pressing perfectly dry. Put this in a double boiler; add a pint of milk, two level tablespoonfuls of butter rubbed with two of flour; stir until thick and smooth, and add twenty-five oysters that have been drained and washed. Cook until the edges curl, and serve at once.

Bisque of Rice

WASH half a cupful of rice, throw it into a quart of boiling water and boil rapidly for ten minutes; drain. Put it in a double boiler with one quart of milk, half a cupful of finely chopped celery and a bay leaf; cover and cook slowly for thirty minutes. While this is cooking cut a good-sized onion into slices, put it with two tablespoonfuls of olive oil or butter

in a shallow frying-pan; cook slowly until the onion is tender, but not brown; add this to the mixture in the farina-boiler; press the whole through a colander, return to the double boiler; add hastily a tablespoonful of butter; strain through a fine sieve, and serve.

Cream of Spinach Soup

4 cups of white stock.
3 quarts of spinach.
3 cupfuls boiling water.
2 cupfuls of milk.
¼ cupful butter.
¼ cupful flour.
Salt, pepper.
½ cup cream, whipped.

Cook the spinach thirty minutes in boiling water; drain, chop, and rub through sieve. Add stock, heat to boiling point, bind, add milk, and season with salt and pepper. Pour into hot tureen over the whipped cream.

Cream of Asparagus Soup

Cut one bunch of asparagus in small pieces, and simmer for three-quarters of an hour, remove the tips, press the remainder through a colander, saving the water in which it was boiled. Scald one quart of milk, add a tablespoonful of butter, thicken with two tablespoonfuls of flour, add the asparagus and water, and the tips, a little pepper and salt, and let come to a boil; serve at once.

Cream of Nuts

Blanch and cook in salted water until tender one pint of English walnut meats. Press through a colander, add three pints of clear brown stock, a level teaspoonful of salt, a dust each of paprika, cloves, and nutmeg. Boil up thoroughly and serve with a spoonful of whipped cream to each portion.

Cream of Celery

BOIL twelve stalks of celery, cut in small pieces, in three pints of water for half an hour. Add half an onion and two blades of mace, and pass through a sieve. Mix one tablespoonful of flour and a heaping tablespoonful of butter; add to the soup, with a pint of milk; salt and pepper to taste. A cupful of cream added just before serving is an improvement.

Celery Soup with Oysters

CHOP one pint of celery tips and let them simmer in a pint of water for twenty minutes. Drain and press through a sieve. Put this in a double boiler with a pint of milk and two tablespoonfuls of butter rubbed with two of flour, stirring until smooth. Add two dozen small oysters and cook until their edges curl. Serve at once with crackers.

Cream of Tomato Soup

ADD to a pint of water ten medium-sized or one quart of canned tomatoes, a teaspoonful of sugar, three or four whole cloves, a slice of onion, and a little parsley, and boil fifteen or twenty minutes. Add a small teaspoonful of soda, and in a few minutes strain. Thicken one quart of milk with a large tablespoonful of cornstarch, stirring and boiling for ten minutes. Add to this a little salt, a sprinkling of cayenne pepper, a heaping tablespoonful of butter, and the mixture of tomatoes, allowing the whole to become thoroughly heated through, but not to boil.

Cream of Spinach

CUT the leaves from two quarts of spinach, wash them thoroughly and throw them in a perfectly dry soup-kettle; stand the kettle over the fire and stir constantly for fifteen minutes until the spinach is wilted and cooked. Drain, saving the water. Chop the spinach very fine, then press it through a *purée*-sieve; add it to the water and a small onion

grated; put this with a quart of milk in a double boiler. Rub a rounding tablespoonful of butter and two of flour together, add them to the milk, stir until smooth; add a level teaspoonful of salt, saltspoonful of pepper, and if you have it half a teaspoonful of beef extract that has been dissolved in a little of the soup. Strain at once into a tureen, and serve with croutons or breadsticks.

Ohio Cream of Potato Soup

2 quarts of water.
6 large potatoes.
2 quarts of milk.
1 tablespoonful of butter.
Pepper and salt to taste.

THICKEN with a little flour stirred in cold milk. Slice the potatoes very thin, cook in the water till tender, add the milk, butter, and seasoning. It should not be made very thick.

Cream of Beet Soup

1 can of beets.
1 tablespoonful of butter.
2 tablespoonfuls of flour.
1 onion.
A few sprigs of parsley.
A small bit of red pepper.
1 quart milk.

TAKE liquor from the beets, add to the butter and flour that have been cooked together; add onion, parsley, and pepper. This may be simmered slowly on the back of the stove for half an hour, then add the milk and one large beet minced fine or cut in thin slices and then in diamonds. The flavor of this soup may be improved by adding to the beet liquor half a cupful of strong stock, but it is good without it, and when serving, a spoonful of whipped cream may be added to each plate or bowl.

Cream of Asparagus Soup

BOIL two bunches of asparagus until tender. Rub through a coarse sieve and season. Mix one teaspoonful of butter

with one teaspoonful of flour and stir into one pint of hot milk. Add the asparagus and boil for ten minutes. The tips should be removed and cooked separately, then added to the soup just before serving. Put whipped cream on top of each plate. Serve very hot immediately after the cream is put on.

Cream of Rice Soup

MELT three tablespoonfuls of butter in a saucepan; into it slice a small onion, a stalk of celery or a few dried celery leaves, and one-fourth a carrot; let cook slowly, stirring occasionally until softened somewhat, then cover and let steam while the rice is made ready. Put one-fourth a cupful of rice over the fire in a pint or more of cold water and stir until boiling rapidly, drain, rinse in cold water, and add to the vegetables; add also a cup of boiling water, cover, and let cook until the water is absorbed; add a pint of milk and let simmer until the vegetables are very tender. With a pestle press the rice and other vegetables through a sieve; add a teaspoonful or more of salt and a second pint of milk and let it become very hot without boiling; add half a cup of cream and serve with croutons made of stale bread.

Vegetable Purée

WHEN there is no meat stock at hand, try this: Take two ounces of suet, place in a saucepan, when hot add two tablespoonfuls of chopped carrots, a chopped turnip, half a pint of celery chopped in blocks, one good-sized onion, and a half a teaspoonful of red pepper. Stir over the fire until the vegetables are slightly browned, add a quarter of a cupful of rice and two quarts of cold water, bring slowly to boiling point and simmer gently for one hour. Press through a colander. Moisten three tablespoonfuls of cornstarch in half a pint of milk; add this to the mixture, bring to boiling point, add a teaspoonful of salt and a saltspoonful of pepper; take from the fire, stir in a level tablespoonful of butter, and serve with toast fingers.

Green Pea Purée

THIS is easily prepared and delicious. Cook one quart of green peas (measure after shelling) with one sliced onion in one quart of white soup stock. In a half-hour remove from the fire and rub through a fine sieve. Cook five minutes more. Melt two tablespoonfuls of butter in a saucepan and stir in two tablespoonfuls of flour; mix well and add slowly one cupful of the soup. When it is a nice smooth mixture add to the soup and cook three minutes. Season and stir in two cupfuls of cream. Serve quickly.

Black Bean Soup

1 pint black beans.
4 quarts cold water.
2 tablespoonfuls chopped onion.
4 teaspoonfuls salt.
½ teaspoonful pepper.
¼ teaspoonful mustard.
4 tablespoonfuls flour.
4 tablespoonfuls butter.
1 large lemon.
2 hard-cooked eggs.
Cayenne pepper to taste.

BEANS must be soaked over night in two quarts of cold water. Drain and put to cook in two quarts of cold water. When they are tender, mash through a sieve into a bowl. Cook onion in one tablespoonful butter and add to the beans before straining. Make a white sauce with the butter, flour, mustard, and a pint of soup stock. Add to soup stock and cook a few minutes longer. Cut lemon in thin slices and place in soup tureen; also cut hard-cooked eggs in thin slices and put in tureen. Pour soup into tureen over these. Serve a slice of lemon and egg in each plate. This is a delicious soup, and is especially nourishing for children.

Baked Bean Soup

Cook one and one-half cupfuls of baked beans in a little water till they make a soft mush. Rub through a colander and thin with milk. Season with salt to taste and small piece of butter or nut butter. Beans that have been slowly baked for a long time make a more delicious soup than if simply boiled.

Vegetable Pea Soup

One quart of split peas cooked till thoroughly soft, with the addition of two or three medium-sized potatoes. A small onion cut in pieces may be added a little while before the mixture is done. Strain through colander, add hot water to make it the consistency of thick cream, salt to taste, and add a little butter. Serve very hot with whipped cream.

A Newport Recipe for Corn Soup

1 dozen ears of corn.
1 quart of cream.
Pepper and salt to taste.
Lump of butter size of a walnut.

Cut the grains of corn through the middle with a knife and scrape from the cob. Boil the ears in just enough water to cover them, so that all the sweetness will be extracted. Strain this liquor, then take one quart and add the cream slowly, stirring gently. Put the corn in this and let it cook until tender.

Squash Purée

1 cupful of grated squash.
½ cupful of water.
2 large cupfuls of milk.
Butter the size of a walnut.
Salt and paprika to taste.

Pour the water on the squash; boil fifteen minutes. Add one cupful of milk, the butter, and seasoning. Boil five

minutes more. Remove from the fire and add the other cup of milk. Just before sending to the table put a spoonful of whipped cream on the top of each plate.

Turkey Soup

BREAK a turkey in pieces, removing all stuffing. Simmer in water two hours with a slice of onion and a piece of celery; remove from the fire and strain. Cook two tablespoonfuls of rice in boiling salted water for fifteen minutes, drain, and add to the soup. Cook for ten minutes, season, and serve.

Purée of Potatoes

BOIL and mash in two quarts of water four large potatoes, a small onion, two stalks of celery, and a sprig of parsley. When done pass through a sieve. Return to the fire, season with salt, pepper, and two generous tablespoonfuls of butter, rubbed into a dessertspoonful of flour. Boil up once and pour into a tureen over a cupful of whipped cream.

Tomato Purée

ONE pint of canned tomatoes, one cupful of mashed potatoes, one cupful of chicken or veal stock; simmer for fifteen minutes, thickening with one tablespoonful of roux; season highly, strain through a vegetable sieve, and serve with small, hard crackers buttered and browned in the oven. A cupful of cold split peas or beans, instead of potatoes, may be used with equally good results.

Corn Soup

ONE can corn, one pint water, one quart milk, one-fourth cup butter, one tablespoonful chopped onion, one-fourth cupful flour, two tablespoonfuls salt, one-fourth teaspoonful white pepper, yolks of two eggs. Cook the corn with the cold water twenty minutes; cook the onion in the melted butter until light brown, add flour, seasoning, and the milk gradually, then add the corn; strain and re-heat. Beat the yolks of the

eggs, put them into the soup tureen, pour the soup slowly over them, mix well, and serve immediately. This is sufficient for twelve people.

Delicious Lobster Soup

PUT three quarts of veal broth into a kettle with bits of celery, carrots, onions (if liked), a bunch of sweet herbs, three anchovies, or one red herring. Cook gently for three hours, then strain and add the meat of three lobsters, thicken slightly and just let it simmer for ten minutes lest the color be spoiled. Turn into a covered tureen and add the juice of a lemon and a wineglass of any cordial or wine that is liked. This is a very old recipe handed down from a grandmother's cook-book.

Old-Fashioned Oyster Soup

THIS recipe was taken from an old book, which was compiled by a famous Virginia cook.

Pour one quart of boiling water into a porcelain-lined kettle, then one quart of milk. Stir in one teacupful of rolled cracker crumbs and a lump of butter size of an egg. When all comes to a boil put in one quart of best oysters. Let it just come to a boil once, season, and serve immediately.

Oyster Stew

50 oysters.
2 tablespoonfuls of butter.
1 tablespoonful of flour.
½ pint of cream.

SEASONING of mace, cayenne and white pepper, nutmeg, salt. Put the butter and flour into a stewpan and mix thoroughly, but boil only one minute; then add the cream and seasoning; stir hard for five minutes, then put in the well-drained oysters and let them cook until they begin to curl.

Mushroom Soup

PEEL half a pound of fresh mushrooms, reserving the lower part of the stems. Wash the mushrooms and chop

with a silver knife; put them in a saucepan with one quart of good chicken stock, cover and simmer gently for thirty minutes. Add one teaspoonful of salt and simmer ten minutes more. Put two tablespoonfuls of butter in another saucepan; add three tablespoonfuls of flour, mix and cook a minute without browning; add half a pint of thick cream to the mushrooms, then add the whole to the butter and flour; stir until it comes to the boiling point; add a dash of pepper and serve in bouillon cups with slices of toasted white bread.

Lentil and Tomato Soup

COOK together one cupful of lentils thoroughly sorted and washed, one cupful of stewed tomatoes, one cup of water, one tablespoonful of butter, and a stalk of celery. When done add sufficient water to make the soup of proper consistency. Boil, removing celery. Season with salt to taste. Add one teaspoonful of browned flour, rubbed to a smooth paste with a little water. Boil and serve.

Peanut Soup

PUT a quart of milk in a double boiler; add half a pint of peanut butter, a small onion grated, half a cupful of finely chopped celery, and a dash of white pepper; cover and cook slowly for twenty minutes. Moisten a level tablespoonful of cornstarch in a little cold milk, add to the hot soup, stir until smooth and thick. Strain into a hot tureen, add a teaspoonful of paprika, and serve.

Potato Soup

PARE and cut into dice three potatoes, cover with water, add a piece of butter and a little onion (if liked), and boil until done. Then add a quart of sweet milk. While this heats make a dough by rubbing one tablespoonful of lard into a small cupful of flour with a half teaspoonful of baking powder in it; add milk to make a stiff dough, roll thin, cut

into strips or small squares, drop in when milk comes to a boil, cover, and boil ten minutes, season with pepper, salt, and a little finely chopped parsley or thyme.

Lentil Soup

THIS soup is very nutritious and is equal to meat in value and may be used for children when no meat is served at luncheon.

Wash the lentils, cover them with cold water, and soak over night; in the morning, drain. Add a quart of stock, a pint of water, a bay leaf, a sprig of thyme, a saltspoonful of pepper, a level teaspoonful of salt, and simmer for about two hours, until the lentils are tender. Press through a colander, then through a sieve, and return the *purée* to the kettle. Rub a tablespoonful of butter and one of flour together, add them to the soup, and stir until boiling. Add a small onion, grated, bring to boiling point, and turn at once into the soup tureen. Sprinkle over the soup a tablespoonful of chopped parsley, and serve with croutons.

Lettuce and Celery Soup

THIS is a delicious combination. Use the white tops and coarse stalks of celery. Put one cupful of it, after it has been cut into tiny pieces, into a stewpan and add three cups of cold water; stew gently until celery is tender, adding enough water to have at least two cupfuls when done. Mash celery through a coarse sieve, and put this and the water in which it was cooked on the fire again and add two bunches of home-grown lettuce, the cheap variety. This should be cut into shreds with scissors and then chopped rather fine. Add one minced onion and one tablespoonful of minced parsley and a blade of mace, simmer slowly twenty minutes, then add this to a cream sauce made of one tablespoonful of butter, two of flour, and one cup of milk. When ready to serve add one-half cup of cream mixed with one well-beaten egg yolk. Do not strain.

Reliable Tomato Soup

ONE pint of canned tomatoes (best brand) or four large fresh ones cut up fine. Add one quart of boiling water and let boil for twenty minutes. Put on one teaspoonful of soda when it will foam; add at once one pint of perfectly sweet milk, with salt, pepper, and a generous bit of butter. When it comes to a boil, eight small rolled crackers may be added. Serve immediately.

Easy Vegetable Soup

2 teaspoonfuls extract of beef.
2 quarts water.
½ cupful carrots.
1 cupful potatoes.
½ onion, chopped fine.
½ cupful celery.
3 tablespoonfuls tomatoes.
½ tablespoonful parsley.
2 tablespoonfuls butter.
½ bay leaf.
½ cupful rice.
Salt and pepper.

ALL the vegetables are cut in small dice and cooked till tender. The beef extract is added half an hour before serving.

East Indian Curry Soup

PUT a rounding tablespoonful of butter in a saucepan; add a good-sized onion, sliced, and cook slowly, without browning the butter; add a large sour apple pared, cored, and sliced, a teaspoonful of thyme, a teaspoonful of curry-powder, a sprig of parsley, a level teaspoonful of salt, and a tablespoonful of lemon juice. Stir; add a quart of good chicken stock and two tablespoonfuls of rice. Cover and simmer gently for fifteen minutes, and then send to the table without straining.

Vegetable Soup

ONE carrot, one turnip, and one onion, cut in thin short strips, six tomatoes, peeled and sliced, half a cupful of boiled rice. Put in the soup pot, with two quarts of cold water, any gravy from any meats of three or four days past, the bones left from yesterday's roast, and any scraps of meats, and let it boil down one quart. Boil the vegetables till tender in salted water; drain butter a little, and keep hot. Have the tomatoes stewed gently and seasoned. To the quart of soup stock add the vegetables, tomatoes, and rice; stew gently for ten minutes.

Rabbit Soup

IT IS a proven fact that soup made from Belgian hare or rabbit has a greater amount of nourishment than a clear soup made from beef or mutton. It is some work to follow this recipe carefully, but it is worth while. Skin, clean, and singe a good-sized hare; cut off the hindlegs and shoulders, and divide the remaining part into three pieces. Put two tablespoonfuls of olive oil in a saucepan; add an onion, sliced. Cook slowly without browning. Cut the rabbit into pieces; roll each piece in flour, drop the pieces in the oil, shake until a golden brown, being careful not to brown the oil. Add a bay leaf, a saltspoonful of celery seed, and two quarts of boiling water; bring to boiling point and skim; cover and simmer gently for an hour and a half; add a level teaspoonful of salt and a saltspoonful of pepper. Take up the hare, remove the meat from the bones, cut it in blocks. Strain the soup, return it to the kettle; add the meat, a teaspoonful of kitchen bouquet and a teaspoonful of mushroom catsup. Put into a tureen two hard-boiled eggs, and half a lemon cut in thin slices; pour the soup over this, and serve at once with crescent-shaped croutons.

Onion Soup with Cheese

6 pounds of beef from the shin.
3 quarts of cold water.
5 small onions.
2½ teaspoonfuls of beef extract.
Salt to taste.
Make gashes through the meat, add the water, cover, and heat slowly to the boiling point, simmer six hours.

SLICE the onions and cook in enough butter to prevent burning until they are soft. Strain stock and to six cupfuls add the beef extract and salt to taste Cut bread in one-third inch slices and toast; there should be five slices. Place in tureen, sprinkle with Parmesan cheese, and pour over soup just before sending to the table.

White Soup, or Potage Blanche

THIS is a concoction much used in France, during extreme hot weather, when heavier soups are not so tempting. Order from the butcher some veal bones and a pound of lean veal. Crack the bones and simmer together with the meat for four hours. Set aside the strained broth to cool, and skim away the fat which rises to the top. There should be about a quart of good stock. Re-heat the stock and flavor with a generous slice of onion and a stalk of celery cut in small bits. Cook for twenty minutes, then strain once more and add a cup of rich cream. Melt a tablespoonful of butter and cook in it a small tablespoonful of flour. Pour gradually upon this mixture a cup of the hot soup and strain the whole into the remainder of the soup. Have ready a cupful of small sprigs of cauliflower which have been boiled till tender in salted water. Drop these into the soup last of all, season with salt and pepper, and serve at once.

Chocolate Soup

ONE-QUARTER pound chocolate, two and one-half quarts milk and water, sugar to taste, one egg yolk, a little vanilla

or cinnamon. Cook the chocolate soft in a little water and add the rest; when boiling, put in the other ingredients, and cook the beaten white of an egg in spoonfuls on top. This is a nourishing soup for children.

Alphabet Soup

1 quart of water.
½ tablespoonful of butter.
1 bay leaf.
½ teaspoonful of salt.
1 teaspoonful of chopped onion.
1 teaspoonful of flour.
⅛ teaspoonful of paprika.
2 tablespoonfuls of alphabets.
1 teaspoonful of beef extract.

PUT beef extract in water, add onion and bay leaf. Cook ten minutes. Then add butter and flour mixed together, stirring constantly. Let boil, strain, and add alphabets. Cook twenty minutes. Season and serve. Children like this and like to study out the letters

Cream of Cheese Soup

1 quart of milk.
1 blade of mace.
1 teaspoonful of minced onion.
1 tablespoonful of grated carrot.
¼ cupful of butter.
2 level tablespoonfuls of flour.
¾ cupful of grated cheese.
Salt and white pepper to season.
Yolks of two eggs.

HEAT but do not boil the milk in a double boiler with the mace, onion, and carrot. Blend the butter and flour; to this add the hot milk, half a cupful at a time, stirring constantly and cooking between each addition. Strain back into the double boiler, add grated cheese, and stir till melted. Season and pour over the beaten yolks of eggs. Cook a moment, remove from

the bath and beat with an egg beater till covered with a fine froth. Serve at once in hot cups. This is enough for eight persons.

Cream of Barley Soup

For a cream of barley soup, put a cupful of barley over the fire, with three pints of white stock, an onion, and some celery roots. When the barley is done from gentle boiling, strain it through a fine sieve, and add to it a pint of boiling milk or cream. If milk is used, two tablespoonfuls of butter may be added.

Chestnut Soup

The following is a French recipe for chestnut soup. Make a *purée* of one quart of nuts after blanching them. Let this *purée* cook for an hour in one and one-half quarts of bouillon until somewhat reduced in quantity. Cut carrots and turnips in small dice, cook in salted water, and add to the soup just before serving, along with some small pieces of cooked asparagus tips. Serve with the white meat of chicken forced through a sieve. One-half cup of vegetables is sufficient.

Okra Soup

5 quarts of water.
2 pounds of beef.
2 dozen okras.
1 dozen tomatoes.
1 teacup of rice.

Cut the okras in thin slices, boil till tender, pour off the water, and add the soup last. Boil four hours. Season with salt and pepper and a bit of cloves.

Chicken Broth

Chickens when fresh are known by full, bright eyes, pliable feet, and soft, moist skin. Old fowls have long, thin necks and the flesh on the back has a purplish shade. The best fowls are plump, with skin nearly white and the grain of

the flesh is fine. Always select the very best for soups and broths. One pound chicken cut into small pieces, one quart cold water, one tablespoonful rice soaked in warm water, four tablespoonfuls milk, salt, pepper, and a little chopped parsley. Boil the meat until very tender. Strain it out and to the broth add the soaked rice, simmer one-half hour, stirring frequently; five minutes before serving add the milk, salt, and pepper.

Salmon Chowder

CUT one large potato and one-half onion into small pieces; boil in a cupful of water, adding red pepper, a few drops of Worcestershire sauce, even less of kitchen bouquet, and a quart of milk. Just before the milk boils, add one-half can of salmon, two hard-cooked eggs chopped fine, and a few broken crackers.

Corn Chowder

1 can corn.
4 cups potatoes, cut in ¼-inch slices.
1½-inch cube salt fat pork.
1 small sliced onion.
4 cups scalded milk.
8 common crackers.
3 tablespoonfuls butter.
Salt and pepper.

CUT pork in small pieces and fry out. Add onion and cook five minutes, stirring often to prevent burning. Strain fat into a stewpan. Parboil potatoes five minutes in enough boiling water to cover, drain and add potatoes to fat, then add two cups of boiling water. Cook till potatoes are soft, add corn and milk, then heat to boiling point. Season with salt and pepper. Split crackers, butter, and soak in enough milk to moisten. Remove crackers, turn chowder into a tureen, and put crackers on top.

Salmon Chowder with Bacon

FOUR potatoes cut into dice, three chopped onions, a half can of salmon, half can of corn, three slices of bacon, lump of butter size of half an egg, one tablespoonful each of chopped parsley and Worcestershire sauce, four soda biscuits, salt and pepper. Cut the bacon into small pieces and fry in the bottom of the kettle. Place a layer of onions and one of potatoes, salt and pepper, parsley and then another layer of onions and potatoes until all are in the kettle. Cover with hot water and let cook for half an hour, taking care that it does not stick on the bottom. At the expiration of half an hour, add the salmon, corn, sauce, butter, and soda biscuits broken into bits, and let simmer for another half-hour. It adds additional flavor if four slices of lemon, cut into halves, and two hard-cooked eggs, cut into slices, are put into the tureen before the chowder is poured into it. This is excellent for using left-over potatoes, corn, and salmon.

Custard Balls for Clear Soup

THESE balls should be light and delicate and are an addition to any clear soup. Use the yolks of two eggs and the white of one. Stir into the well-beaten yellow a wineglassful of strong beef tea or enough reliable beef extract to give a strong flavor. Season with white pepper and salt, lastly add the white of egg beaten stiff. If the soup is boiling when removed from the fire these custards should cook without returning to the fire. Drop from a teaspoon on top of the soup, cover for a moment; the result should be fluffy and delicious.

Cheese Croutons

CUT thin slices from a loaf of stale bread. Cut off the crusts and cut the bread into small rounds. Dip these in melted butter, then roll in grated cheese, and bake until yellow and crisp. Drop in the soup and serve immediately.

Crouton Soufflés

Boil together half a cup of water, a quarter of a cup of butter, a pinch of salt; add one cup of flour and manipulate briskly for three minutes. Remove from fire and, when slightly cool, beat in, one at a time, three eggs. When cold pat into a very thin sheet, keeping the paste heavily floured on both sides, and cut into quarter-inch squares. Shake in a sieve and drop into smoking fat to puff. Drain and roll in grated cheese.

Croutons

Take a slice of stale bread, remove the crust, cut the bread into cubes about half an inch in size and fry briskly in a small quantity of butter (about enough to cover bottom of frying pan) until the cubes turn a nice brown color. Take them out with a skimmer and throw them into the soup when serving.

Noodles

One egg, one-half egg shell of water, pinch of salt. Mix in all the flour. You can then roll thin as a wafer and let stand about one-half hour. Then roll up like jelly roll cake and cut off from the end in thin strands. These may be cooked in water from boiling beef or chicken. Cook about ten minutes.

Delicious Noodles

Break four eggs into one quart of flour, salt, mix well, divide into four equal parts, and roll thin, and then let dry for an hour. Then make into rolls, take knife and cut into thin strips, and shake them loose. Then they are ready to put in the chicken or meat broth and bring to a boil, ready to serve. Use no water or milk; just mix as above.

Rice Balls

1 cupful of cold boiled rice.
1 egg slightly beaten.
1 tablespoonful flour.
½ teaspoonful salt.
Dash of cayenne.

MIX the rice and egg well with the other ingredients, form into balls, and drop into the hot soup.

Crouton Sticks for Bouillon

CUT bread into one-fourth inch slices, remove crusts, spread slightly with butter on both sides, cut into strips one-fourth inch wide, bake till light brown.

IV.—FISH AND SEA FOOD

A CAREFUL housekeeper should be an expert in selecting fish. A firm eye, and hard flesh indicate freshness. If frozen the fish must be thawed in cold water, not warm; frozen fish are generally doubtful and never to be compared to fresh ones.

The following table will guide a young cook as to the best method of cooking the various kinds of fish. Of course broiling is the best, and if the flesh is somewhat dry brush over with olive oil before putting under the flame or over the coals. A tablespoonful of oil is sufficient for a large fish.

FISH TO FRY. Carp, fillets of bass, butterfish, bullheads, cod steak, ciscoes, fillet of flounder, eels, crabs, fillet of halibut, fillet of haddock, pickerel, perch, mackerel, live lobster, porgies, scallops, smelts, shad, roe of haddock, roe of shad.

FISH TO BROIL. Whitefish, sea trout, fresh water trout, bluefish, chicken halibut, bonito mackerel, eels (split large ones), Spanish mackerel, fresh mackerel, fresh salmon, weakfish, shad, lobster.

FISH TO BAKE. Small salmon, bass, bluefish, halibut, cod, haddock, whitefish, cusk, mackerel, lake trout, shad, large oysters, live lobster.

FISH TO BOIL. Salmon, sturgeon, red snapper, haddock, cod, halibut, swordfish.

FISH TO PLANK. Mackerel, herring, salmon, whitefish, trout, bluefish, black bass, butter fish, shad, pompano.

FISH FOR CHOWDER. Clams, haddock, halibut, and eels.

FISH TO STEW. Oysters, clams, lobsters, scallops, shrimps.

To Fry Fish

IT will be found that olive oil or pork drippings are the best frying mediums. Use plenty of the oil or fat and fry in a frying basket or spider.

To Boil Fish

CLEAN well, sprinkle thoroughly with salt, wrap in a piece of cheese cloth, and boil, preferably in a fish kettle. The water should be scalding when the fish goes in, then let it simmer gently until the fish flakes.

To Broil Fish

RUB well with butter or olive oil, season with salt and pepper, place in a well-greased broiler with the flesh side down, and broil until brown. Then turn over and brown the skin side; slip on to a hot platter and garnish with parsley and lemon.

To Plank Fish

ALL planked fish are cooked very much in the same manner. Shad should be carefully cleaned and split, and haddock should be skinned and boned, leaving the meat in two fillets. The planked whitefish of the Great Lakes, which is regarded as a rare dish, is prepared in the same manner as planked shad. Put the skin side down on an oak plank one inch thick and longer and wider than the fish. Sprinkle the whole with salt and pepper and brush with melted butter. Bake in a hot oven for twenty-five minutes; remove, spread with butter and garnish with lemon and parsley. Send the fish to the table on the plank. A gas range is well adapted to the cooking of planked fish, having the flame over the fish. For cooking planked haddock, *sauté* the two fillets separately, using a liberal amount of butter and cooking until well brown on one side. Place on the plank and sprinkle with salt and pepper. With mashed potato garnish the fish so as to outline its original shape, making the head, tail, and fins as conspicuous as possible. Bake until potatoes are well browned, when the fish will be found to be thoroughly cooked. Sprinkle with finely chopped parsley and finish garnishing with parsley and slices of lemon.

To Bake Fish

USE a special dripping pan; in the bottom of the pan place three or four thin slices of salt pork or bacon, lay the fish on top with or without dressing; cut gashes across the fish an inch apart and put into these small strips of fat pork; dust with pepper, salt, and flour; on the fish lay thin slices of pork or bacon, or simply brush with olive oil, butter, or pork drippings; pour in a cupful of boiling water, cover closely, and bake in a hot oven basting frequently. Allow about fifteen minutes for each pound of the fish's weight; when done lift carefully onto a hot platter, garnish with thin slices of lemon and parsley, and serve with Hollandaise or sauce tartare.

Cream or White Sauce

ONE tablespoonful of butter, one tablespoonful of flour, one cupful hot milk or cream, one-third teaspoonful of salt. Melt the butter; when it bubbles put in the flour and rub till smooth; then put in the hot milk, a little at a time, and stir and cook without boiling till the sauce is perfectly smooth and free from lumps. For what is called thick white sauce use two tablespoonfuls of flour and two of butter and a cupful of milk. This sauce is used for all creamed fish and sea food.

Creamed Fish

TWO cupfuls of cold fish, one cupful cream sauce, salt and pepper. Pick up any cold fish left from dinner, taking out all the bones and skin, and mix with the hot white sauce; stir till smooth. You can serve as it is, or in a deep dish with crumbs, or in little dishes, with or without crumbs.

Scalloped Oysters

ONE pint oysters, twelve large crackers or one cup bread crumbs, one-half cupful milk, oyster juice (strained), butter, salt, pepper. Butter a deep baking dish. Roll the crackers,

or make the bread crumbs of even size. Put a layer into the dish and then a layer of oysters drained from the juice and washed, and shake a little salt and pepper over, and put on a few bits of butter. Then more crumbs, oysters, and seasoning till the dish is full, with the last layer of crumbs. Mix the milk and strained oyster juice and slowly pour this over. Put bits of butter on last and bake in a hot oven till it is brown; about half an hour. You can put these oysters into small dishes just as you did the creamed oysters, or into large scallop shells, and bake them ten or fifteen minutes. In serving put a spray of parsley into each or lay one on the plate by each little dish.

Oysters in Rice Cups

INTO two cupfuls of half-boiled rice stir three tablespoonfuls of melted butter. Wet in cold water small moulds or after dinner coffee cups, spread the sides and bottoms with the rice, and set away to cool. Next prepare the oysters. Cook together for five minutes two tablespoonfuls of butter, one tablespoonful of chopped onion, and the same amount of chopped green pepper. Add half a cupful of strained oyster juice, a teaspoonful of lemon juice, a teaspoonful of tomato catsup, a teaspoonful of prepared mustard, a dusting of cayenne pepper, and a pint of chopped oysters. Simmer for five minutes. Now unmould the rice and brush inside and out with melted butter. Place on a baking sheet and run into a hot oven until a golden brown. Fill with the oyster mixture and serve.

Creamed Oysters with Chicken

TAKE three tablespoonfuls of flour and two of butter, put in baker, set on stove, and stir until butter and flour are thoroughly cooked; add one and one-half cupfuls of sweet milk. Stir slowly until it thickens. Have one cupful cold boiled chicken cut in dice, one and one-half cupfuls oysters, washed and drained, one cupful celery cut into quarter-inch pieces; add celery to the sauce and let cook slowly for fifteen minutes, then

add chicken and oysters; cover with one cupful cracker crumbs mixed with two tablespoonfuls of melted butter; put into oven and bake until brown. Garnish with sliced stuffed olives. Season with salt and pepper to taste.

Oyster Shortcake

MAKE a rich but light baking powder biscuit dough, and bake in layer cake tins, split and lightly butter each as it comes from the oven. Scald the strained liquor from a quart of oysters. Rub two tablespoonfuls of butter smooth with two tablespoonfuls of flour and stir into one and one-half cupfuls of scalded milk. Cook and stir until it thickens; add a tablespoonful of butter to the oyster juice (heat it); season to taste with salt and white or cayenne pepper. Add oysters and heat until the edges ruffle. Then lay the oysters on the layers of shortcake, add the liquor to the sauce, and when blended spread over the oysters; then add another layer of cake, then oysters, and pour sauce over the whole; sprinkle with a little minced parsley and serve very hot.

Fried Oysters

BEAT the yolks of four eggs with three tablespoonfuls of sweet milk, and season with a teaspoonful of salt, and a very small pinch of cayenne pepper. Beat this thoroughly, dry the oysters and dip into it, then dip into fine cracker dust, shake off the loose cracker dust, dip again into the egg mixture and again into the cracker dust. When this is done the oysters are ready to fry in enough hot lard to cover them. They should be placed on a hot plate as soon as they are fried and be served at once.

Filling for Oyster Patties

TAKE two ounces of butter, one-half pint sweet cream, pepper, salt, three tablespoonfuls of flour, and three dozen Count oysters. Melt the butter, stir in the flour and, having

boiled the cream, stir it in. Scald the oysters in their own broth until cooked just through, strain off the broth, add the cream sauce, and the mixture is ready for the patty crusts.

Oyster Rolls

TAKE small rolls, scoop out and fill with creamed oysters, heat very hot and serve.

Scalloped Oysters

TWO dozen oysters, one ounce of butter, two tablespoonfuls of milk, pepper, salt, and bread crumbs. Scald the oysters in their own liquor; take them out and bread them. Melt the butter in a stewpan, stir in the flour, the milk, the strained liquor from the oysters, pepper, salt; let it boil up, stir in the oysters, heat gradually, but do not boil. Butter some shells, lay in the oysters and as much of the liquid as they will hold; cover with bread crumbs, with pieces of butter on the top of each, and brown them in the oven or before the fire.

Lobsters, shrimps, or any other fish can be done in the same way. Half a pint of white stock must be used instead of the oyster liquor. This serves four people.

Creamed Oysters

ONE pint oysters, one large cupful cream sauce. Make a cupful of cream sauce and keep it hot. Drain off the oyster liquor and wash each one. Then put them on the fire in the juice and let them just simmer till they grow plump and the edges curl; then drain them and drop them into the sauce, with a little more salt and a very little pepper. Serve on squares of buttered toast, or put them into a large dish with bread crumbs over the top and bits of butter, and brown in the oven.

Browned Oysters

BOIL one pint of oyster liquor until reduced to one-half the quantity, add a half-pint of white wine, and boil twenty

minutes. Mix well one-half pint bechamel with the beaten yolks of two eggs. Stir into the oysters and wine liquor. Butter little china shells, sprinkle lightly with toasted bread crumbs, fill with raw oysters and the sauce; cover the top with bread crumbs and brown in a quick oven. Serve hot.

Oyster Roll

Pick and drain fifty medium-sized oysters. Turn them into a saucepan with a tablespoonful of butter, a little salt and cayenne, with a dash of paprika, a small blade of mace, and a few drops of lemon juice. Cover closely and shake over the fire until the oysters are plump and the edges begin to curl. Drain and set aside. Measure the liquor in which they were heated and add enough rich milk to make one and a fourth cupfuls of liquid. Mix together one tablespoonful each of butter and flour, stir over the fire until well mixed and frothy. Add the liquid and stir until thickened. Season to taste and let simmer five minutes. Add the oysters and a teaspoonful of finely chopped parsley. Set over hot water three or five minutes. Have ready ten or twelve small French rolls, which have been prepared by cutting off the tops, scraping out the centre, brushing inside and out with melted butter, and placing in a hot oven until crisp; then fill with the prepared oyster mixture, cover with the tops which were cut off, and serve at once.

Panned Oysters

Heat and butter some patty pans. Cut slices of bread round to fit them and toast brown. Put a piece in each pan. Wet well with the heated oyster liquor, and put in enough oysters to fill each pan comfortably. Add pepper and salt and a little piece of butter, and bake (covered) for ten minutes. Serve in the cooking dishes. The easiest way to manage is to put the little pans into one large one and then cover them all at once with another. A teaspoonful of tomato catsup can be added to each little pan to make a change.

Oyster Potato Balls

GRATE six cold boiled potatoes, add one teaspoonful of salt, one-quarter teaspoonful of pepper, two tablespoonfuls of melted butter, two beaten egg yolks, and one tablespoonful of minced parsley. Mix well together, take a tablespoonful of the mixture, flatten it slightly, lay on two or three oysters, cover with another tablespoonful, pinch the edges together, place on a buttered baking sheet and cook in a quick oven.

Oysters Manhattan Style

TAKE from three to six oysters for each person to be served. Have them freshly opened and on the deep part of the shell. For two dozen oysters cream one-half cupful butter. Work into this a half-teaspoonful each of salt and paprika and one tablespoonful finely chopped parsley. Divide this mixture among the oyster shells, putting a bit on each oyster. Then cover each oyster completely with a thin wafer of bacon freed from rind. Set shells in baking tin in a hot oven and cook till bacon crisps. Serve with lemon quarters and buttered brown bread strips.

Hot Oysters on the Half Shell

DRAIN and wash twenty-five oysters, throw them into hot water and stir until the edges curl. Drain and save the liquor. Now chop the oysters and drain again, adding this to the previous liquor. Rub together one tablespoonful of butter and two tablespoonfuls of flour and add the oyster liquor and a cup of cold milk. Stir over the fire until they reach the boiling point, then add one-half teaspoonful of salt, a dash of pepper, a dash of paprika, and the yolks of two hard-boiled eggs, chopped fine. Cook a minute longer, add the oysters, and stand aside to cool. When cold fill the mixture into the oyster shells. Whip an egg thoroughly, add a tablespoonful of warm water, and beat again. Baste the shell with the

whipped egg and dust thickly with bread crumbs, covering the edges well, so that the oyster mixture will not ooze out. Place in a frying basket and plunge into very hot fat.

Oysters en Masquerade

Two dozen large oysters, one pint cold cooked chicken, one egg, three tablespoonfuls cream, water cress, one-fourth cupful white sauce, one teaspoonful onion juice, crumbs, fat, broiled bacon. Run the chicken through the food chopper and grind very fine. Then add to this the egg, cream, white sauce, and onion juice. Wash the oysters and drain dry on a piece of folded cheese cloth. Now take each oyster and cover with the prepared chicken, shaping so as to present a tempting appearance. Flour lightly. Dip in beaten egg, roll in crumbs, and fry in deep fat. Drain on brown paper. Serve garnished with the bacon, slices of lemon, toast points, and water cress.

Oysters and Corn in Ramakins

Chop canned corn very fine; to a pint add one-half teaspoonful of salt, a saltspoonful of pepper, and one-half cupful of thin cream; put a layer of this in each ramakin; add a layer of small oysters, pour over them a little melted butter, add another layer of corn, cover with buttered crumbs, and bake in a brisk oven for fifteen minutes. This is most delectable and never fails to please.

Cod Creams

Pound one-half pound of cod to a fine consistency with an ounce and a half of bread crumbs; mix with a beaten egg and a half a gill of stiff white sauce. Add a dash of pepper and a heaping saltspoonful of salt and rub through a sieve. Butter small moulds and fill three-fourths full of the mixture. Steam twenty minutes. They may be served with or without a white sauce.

Scrambled Codfish with Eggs

PICK into tiny bits enough codfish to make one cup. Soak till freshened slightly, drain, cover with boiling water, and drain again. Stir, and heat in three tablespoonfuls butter. Add a dash of paprika and five eggs, beaten and diluted with one-half cup cream or rich milk. Cook over hot water till creamy. Serve on toast.

Codfish Chops

TO TWO parts of shredded cooked codfish add one part of hot seasoned mashed potatoes; season with a few shakes of pepper and bind together with beaten egg. When cool pack into chop moulds or shape with the hands to simulate chops. Stick a piece of macaroni in the small end of each for the chop bone; dip in beaten egg, dredge with bread crumbs, and fry a golden brown in deep fat.

Fried Salt Codfish

CUT the fish in squares and soak in cold water overnight; dry on a cloth and dip each square in beaten egg, to which has been added one tablespoonful of cream; roll the fish in flour and fry a golden brown in hot fat.

Escalloped Codfish

INTO a well-buttered baking pan place layers of flaked and freshened fish and boiled rice or macaroni; season each layer with salt, pepper, and plenty of butter; pour over enough milk to cover, then add a sprinkling of bread crumbs with several bits of butter on the top. Bake slowly until nicely browned.

Codfish au Gratin

BREAK into flakes two pounds of salt codfish and soak one hour, changing water once. Make a white sauce with two level tablespoonfuls of butter, two level tablespoonfuls of flour, one and one-half cups of milk with salt and pepper to season.

tablespoonfuls of melted butter. Bake until tender; keep hot on a platter while thickening the gravy left in the pan with browned flour and butter. Season the sauce with a teaspoonful each of lemon and onion juice and a little celery salt. Strain and send to the table in a gravy boat.

Halibut Steaks

PURCHASE two slices of halibut of uniform size. Wipe them over with a piece of cheese cloth wrung from cold water. Butter a baking pan of about the same size as the fish and lay one slice in, spread on some stuffing, lay on the other slice and dot the top over with bits of butter. Dust with salt and pepper and then with flour. Bake in a moderate oven until the fish is cooked through and the top is browned delicately. Place on a warm platter, and garnish with parsley and lemon points. For the stuffing add a tablespoonful of onion juice to one cup of bread crumbs. Use less if the strong flavor is not liked, but do not substitute minced onion. Add two tablespoonfuls of melted butter, a few grains of cayenne, a saltspoon of white pepper, and half a level teaspoonful of salt. If liked a grating of nutmeg can be added.

Broiled Salt Salmon

SOAK in cold water twenty-four hours, changing often. When wanted, wipe dry and broil quickly. Season to taste and cover with butter.

Salmon Pie

BUTTER a deep dish, flake the fish, place a layer in the bottom, then a layer of cold boiled potatoes sliced thin, season with a sprinkle of salt, pepper, parsley, and onion. Continue in this way till materials required are used; add last, bits of butter and half a cup of cream. Bake ten minutes.

Creamed Salmon with Poached Eggs

STAMP out four rounds of bread an inch thick; remove the centres, leaving a case with a narrow rim. Brush over

the outside of the cases with melted butter and brown them in the oven. Fill with canned salmon, flaked and heated in a cupful of cream sauce. Dispose a poached egg above the salmon. Serve garnished with parsley and slices of lemon.

Salmon Cutlets

To one can of salmon add one tablespoonful of lemon juice, a little salt, and one cup of thick white sauce. Pick salmon over to remove bones, skin, and oil. Mix all together and shape like cutlets. Beat two eggs, roll cutlets in them, then in fine cracker or bread crumbs, and fry in deep fat until brown. Stick a small piece of macaroni in small end of cutlet when done, garnish with parsley, and serve hot.

St. Croix Salmon

Take the contents of a tin of salmon; spread it on a dish and look carefully for stray bones that may have been left in it. Drain off any liquid there may be, and divide it if it is not already in small pieces. Put two tablespoonfuls of butter in a hot frying pan; when it is melted add the fish; sprinkle with pepper and salt. It may be allowed to brown, or merely heated through. Turn it out on a hot dish, garnish with parsley or water cress, and serve.

Fried Scallops

Over one quart of scallops pour the juice of one lemon and one tablespoonful of oil. Sprinkle with teaspoonful salt, one-half teaspoonful pepper, and one-half teaspoonful finely chopped parsley; cover, and let stand thirty minutes. Mix three tablespoonfuls chopped cooked ham, four tablespoonfuls soft bread crumbs, and two tablespoonfuls grated Parmesan cheese. Drain scallops, dip in egg, roll in bread mixture, and fry in hot fat; then drain. Arrange on a hot serving dish, sprinkle with salt, and garnish with parsley.

Scallops and Eggs

SIMMER a pint of scallops in sufficient salted water to cover them, for ten minutes. Pour off this liquid and cover with cold water. Now pour off the cold water and cut the scallops in halves or quarters. Put two tablespoonfuls of butter in the frying pan, drop in the scallops, and allow them to brown slightly. Break the eggs in a bowl, season with salt and pepper, and pour this into the pan over the scallops. Stir until the eggs are cooked. Have ready pieces of toast cut in triangles, arrange them on a hot platter, and pour over them the eggs and scallops, sprinkling over the top with finely chopped parsley.

Creamed Shrimps

TO TWO tablespoonfuls of butter and two of flour, cooked together until they bubble, add a cup of milk or cream, a half-teaspoonful of salt, a half-teaspoonful of lemon juice (do not put this in until the cream sauce is thick or it may cause the milk to curdle), a dash of paprika, and a half-pound of shelled shrimps. After these have cooked about five minutes add a cup of stewed tomatoes. Serve hot on toast and garnish with stuffed olives.

Shrimps and Crabs for Ramakins

TO A pound of shelled shrimps add the meat of one shredded crab. Brown a sliced onion in a kettle, and to this add a large cup of beef bouillon or any good stock. Then put in shrimps, the crab, and a chopped green pepper. Add a tumbler of sherry, most of which the shrimps will absorb, and cook for twenty minutes under cover, being careful that the sherry does not burn. Grease the ramakins, cover with bread crumbs and a lump of butter, and bake until brown.

Fried Clams

TAKE large clams and dry them in a napkin, season with salt and pepper, dip in cracker crumbs, then in beaten eggs and again in cracker crumbs, and fry in hot lard or butter.

Clam Fritters

TWELVE clams minced fine, one pint of milk, three eggs. Add the liquor from the clams to the milk and flour enough to make a batter that will drop well from a spoon. Then add the chopped clams and two ounces of melted butter. One tablespoonful of this mixture will make a fritter. They should be fried quickly in plenty of hot lard, and served at once.

Deviled Clams

WASH twenty-four round clams and put over the fire until the shells open; remove and chop fine. Fry two chopped onions in two tablespoonfuls of smoking lard, add three fresh tomatoes or a cup of the canned fruit, one tablespoonful of vinegar, pepper, and mace to season, and two beaten eggs. Fill large oiled shells, cover with buttered bread or cracker crumbs, and bake for ten minutes.

Fried Soft-Shelled Crabs

DRESS the desired number of soft-shelled crabs. Dry them, then dip them in milk, and dredge them with flour. Fry them a golden brown in deep hot fat. Drain and serve on a folded napkin. Garnish with slices of lemon sprinkled with finely chopped parsley.

Crabs with Cheese

ADD to a rich cream sauce one can of crab meat, put it in a buttered baking dish with one layer of cheese, bread crumbs in the middle and another layer of cheese on top. Dot the top with bits of butter and brown in the oven.

Crabs with Mushrooms

MAKE a rich cream sauce, add one can of crab meat and one can of mushrooms cut in tiny slivers; season with mushroom catsup and serve in ramakins. The fresh crab flake and fresh mushrooms make this a royal *entrée* for luncheon or for a chafing dish supper.

Crab Meat Scalloped

ONE pint crab meat, one pint white sauce, one cupful crumbs, one-fourth cupful melted butter, one-half of a lemon, salt and pepper to taste, yolks of two hard-boiled eggs. Heat the sauce in a double boiler and add the crab meat and one teaspoonful of lemon juice. Cook five minutes, then add one-fourth cupful of sherry. Cook one minute, then add the egg yolks reduced to a powder, and remove from the fire. Fill scallop shells with the mixture, cover with crumbs, dot with butter, and brown lightly in the oven. Garnish with parsley and serve.

Deviled Crab or Lobster

WHEN the crabs are boiled take out the meat and cut it into dice. Clean the shells thoroughly. With six ounces of crab meat, mix two ounces of bread crumbs, two hard-boiled eggs, chopped, the juice of half a lemon, cayenne pepper, and salt. Mix all with cream and place in the shells, smooth the tops, sprinkle with bread crumbs, and brown in a quick oven. In using lobsters a little nutmeg should be added to the seasoning.

Fried Lobster

AFTER having taken it out of the shell, rub it dry with a towel. Cut in suitable pieces, dip in beaten egg, then in cracker crumbs, and fry until well done. Serve with tomato sauce.

Lobster Cutlets

MINCE very fine the meat of two lobsters, season with salt and pepper, melt two tablespoonfuls of butter in a saucepan, mix with it one tablespoonful of flour, add the lobster, and a little finely chopped parsley, add a little stock or water, and let it come to a boil. Remove from the fire and stir in the beaten yolks of two eggs. Spread this mixture in a shallow pan and when cold cut into cutlet shapes, dip carefully in beaten egg, then in cracker crumbs, and fry a nice brown in hot lard.

Cream Lobster in Halibut Border

CHOP one and one-half pounds of boiled halibut fine; then press through a sieve, when it should weigh one pound. Add one teaspoonful of salt, a little each of red pepper and nutmeg, and gradually the whites of two eggs and one pint of cream, whipped. Press into a border mould and set on ice for two hours. Cut the meat of a two-pound lobster into bits. Add half a teaspoonful of butter, one even teaspoonful of salt, and one cupful of cream, and cook for five minutes. Mix the yolks of three eggs with one-third cupful of cream, remove pan to the side of the fire, and add gradually. Mix well and serve in the border garnished with the coral and parsley.

Finnan Haddie

SOAK a finnan haddie in milk one hour; then cook until tender, and separate into flakes. Cut a two-inch cube of fat salt pork in tiny dice, and try out. To two tablespoonfuls of the fat add two tablespoonfuls flour and stir until well blended, then pour on gradually, while stirring constantly, one cup rich milk. Bring to the boiling point, and add one and one-half cupfuls finnan haddie, separated into flakes, the pork scraps, and one and one-half cupfuls small potato cubes, which have been cooked until soft. Season with salt and pepper and serve very hot.

Broiled Finnan Haddie

SOAK the finnan haddie in milk an hour before broiling. Spread with melted butter, garnish with lemon, and serve very hot.

Fish Turbot

STEAM one large whitefish until tender, remove the bones, season. Heat one quart of milk, thicken with one cup of flour, when cool add two eggs and one-quarter of a pound of butter. Put a layer of flaked fish, then a layer of crumbs and sauce. This is delicious in ramakins or all put into a baking dish.

V.—Meats, Birds, and Poultry

MEATS to be roasted or boiled should be given the greatest amount of heat at first, so that all juices may be retained. Fresh meats should be placed in boiling water, except when making soups, when cold water should be used.

A tablespoonful of vinegar will help to make tough meats or old fowls tender.

Salt meats must be well washed and put on in cold water. It requires four hours to boil a large ham, and two hours for a small one, but in either case the end bone should be loose when the ham is done.

All meats should be gently simmered to be tender. All cutlets should be dipped in cracker crumbs and fried in butter.

Serving Meats

MEATS and poultry are served by the head of the household on ordinary occasions, but for company dinners it often saves time to have them served from the butler's pantry. The slices are neatly carved and passed on a very hot, large-sized dinner plate or small platter. One or two vegetables, one being potatoes, accompany the meat course. These are passed from the left side. Vegetables should be served on the dinner plate and not in small dishes.

Garnishing

THERE is nothing which so quickly indicates the cook as the manner in which she serves her dish. The prime motive in garnishing a dish is probably to make it look more attractive, but there may be other reasons for adding special garnishes. Some things may be used to add to the food value as well as the looks, or to make a limited portion of a certain thing serve more people.

Dishes which are to be served hot cannot be garnished as can cold ones, but the arrangement of the articles themselves on the hot dish adds or takes away from their appetizing appearance. Chops should be placed overlapping each other in rows or in a circle; roasts or joints should be served on a sufficiently large platter so as not to look overgrown.

Hashes properly browned and shaped when turned from the pan, need only a garnish of parsley or eggs or peppers for their serving.

Sauces should be garnished. When the sauce is served on or about the article, it should not have the appearance of being a sea of sauce. Only a little should be used and more passed if necessary.

Many vegetables are used as garnishes; mashed or browned potatoes, green peas or beans, with or without sauce, may be served in the centre of a circle of chops. Spinach, beans, peas, potatoes, carrots, and tomatoes may all be used as *purées*.

A *macedoine*, or mixture of vegetables, may be used in a crown roast, and croquettes of meat or vegetables are favorite garnishes. A rice border is also a good garnish. Lemon, parsley, celery, fried oysters, chestnuts, sausage, sliced tongue, mushrooms, peas, forcemeat balls, water cress, hard-boiled eggs, olives, peppers, beets, and carrots are all used in garnishing.

Dumplings for Meat

For two, cupfuls of flour use two teaspoonfuls of baking powder, salt and about a tablespoonful of shortening; then mix with milk (or half milk and half water), to a dough stiff enough for biscuits. Have a kettle of boiling water and a steamer that fits it; grease the bottom of the steamer and pop the dough by spoonfuls on it, allowing space to swell; cover tightly and steam twenty-five minutes. Then drop them into the stew or gravy. They will always be light and delicious.

How to Make Sausage

THREE pounds of lean young pork, freed from gristle and finely minced. Spread on a moulding board. Sprinkle over it one tablespoonful of pulverized sage, one-half tablespoonful of salt, and half a teaspoonful of pepper. Throw over it two pounds of beef suet chopped very fine, and mix all well together. Pack closely in a crock and keep in a cool place. Dip out the amount required for breakfast, shape it into little flat cakes, and place it on a baking plate in the oven.

Fried Sausage

GET the best article of genuine pork sausage seasoned with plenty of sage, black and red pepper, and salt. Mould into balls the size of an ordinary biscuit, flatten, and fry in a hot frying-pan. Let them brown on both sides and serve with their own gravy in a covered dish. These are excellent with buckwheat cakes on a cold morning.

Sausage Loaf

BOIL a three-pound veal shank and chop meat fine, add one pound ground sausage, three cupfuls bread crumbs, one teaspoonful salt and pepper, three well-beaten eggs, and dash of sage. Mix well, form into loaf, and bake a rich brown.

Sausage with Banana

SELECT sound, ripe bananas and nice pork sausages in the link. Cut the links apart, place them in a saucepan with hot water enough to barely cover them, prick them with a fork to keep the skins from bursting, boil for twenty minutes, or until the water has boiled away, then cover and brown. Take care to prevent scorching. Have a hot platter ready and place them on it. Empty the fat which remains into a frying pan, heat again, and place in it the bananas, peeled, sliced in half, and dredged with flour, and fry to a golden brown. Serve hot on the same platter with the sausage.

Old-fashioned Scrapple

A QUARTER'S worth of good steak, five cents' worth of fresh pork, put them through the meat chopper, and put on in sufficient water to boil until done and have water left just sufficient to take up corn meal to the consistency of mush. Stir very rapidly while slowly pouring in meal. Salt to taste and mould in a long, narrow, square-cornered pan. When quite cold and solid, slice in thin slices, dip in meal and fry in boiling lard. It makes a fine fish course, as few can tell it from fish.

Broiled Steak

TRIM off most of the fat from the steak and rub the wires of the broiler with it, and heat it over the coals. Then put in the meat and turn over and over as it cooks, and be careful not to let it take fire. When brown, put it on a hot platter, dust over with salt and a very little pepper, and dot it with tiny lumps of butter.

Baked Beef Tenderloin with Oysters

IF it is a large one split it nearly open. Take a quart of oysters, or less, out of their liquor, roll in bread crumbs and lay in the tenderloin; fold together and tie with a cord. Lay in dripping-pan and bake one hour.

Leg of Lamb

ALLOW eighteen minutes to the pound, with frequent bastings, for a hind-quarter of lamb. Boiled turnips, scooped out and cavities filled with buttered peas, make a fine accompaniment. Potato croquettes can also be served with the meat. The end bone of the lamb will make a better appearance if concealed with a paper frill or bunch of parsley. A leg of mutton can be used in place of the lamb by boiling it

until almost tender, then baking it in the oven until it is crisp and tender. The boiling will remove all strong mutton flavor from the meat.

Mutton Pillau

4 pounds of shoulder of mutton.
½ pint of rice.
1 quart of boiling water.
½ pint of strained tomato.
3 teaspoonfuls of salt.
½ teaspoonful of pepper.
½ tablespoonful of grated onion.

CUT the meat into small pieces, and put it in a large stewpan. Season with it the onion and half the salt and pepper. Wash the rice in three waters, rubbing it well between the hands, and sprinkle it over the meat. Mix the remainder of the salt and pepper with this liquid, and pour over the rice and meat. Cover the stewpan, and place on a part of the stove where the contents will heat quickly to the boiling point; then set back for three hours where they will hardly bubble at the side. At the end of that time, sprinkle in the strained tomato, and cook for half an hour longer. Turn out on a warm dish, and serve with a dish of stewed tomatoes. Beef, pork, veal, or poultry may be substituted for the mutton in this dish. If made with veal or poultry, lay in the bottom of the pan two ounces of salt pork, cut in thin slices.

Meat and Rice Balls

PUT three-fourths pound each, pork steak and round steak, through a grinder, salt and pepper to taste. Add one raw egg and one-half cupful rice that has been soaked over night in water enough to cover it. If water is not all absorbed set on back of stove until absorbed. Make into small round balls. Put can of tomatoes in large kettle, season with salt and pepper. Cut two green peppers in half, remove seeds, and rinse in cold water, add to tomatoes, and put in meat balls. Boil slowly three-fourths of an hour. Last quarter of an hour add large tablespoonful of butter. Do not thicken

gravy. Cayenne pepper or chili sauce may be used when peppers cannot be obtained. Delicious when served with corn nuts made by the rule that follows.

Corn Nuts

To one quart of white corn meal add two tablespoonfuls of baking powder and a teaspoonful of salt and sift well. Add milk to form a stiff dough that can be shaped into little cakes, drop into smoking fat, and cook until delicately browned.

Salmi of Lamb or Mutton

Cut cold roast lamb or mutton in thin, uniform slices. Melt two tablespoonfuls butter in a saucepan, add one tablespoonful finely chopped onion; cook five minutes. Add lamb or mutton and cover with one and one-half cupfuls brown mushroom sauce. Cover and simmer slowly until meat is tender. Just before serving add one tablespoonful of Worcestershire sauce. Arrange slices of meat, overlapping one another, on a hot serving platter. Pour over sauce, garnish with sippits of bread and sprays of parsley.

Stuffed Mutton

This is delicious for dinner or, when cold, for luncheon. Purchase a four-pound loin of mutton and have the bone removed which can afterward supply the foundation for a rice soup. Make stuffing with a teacupful of crumbled stale bread, crust being cut away, a heaping tablespoonful of minced bacon, two teaspoonfuls each of chopped parsley and onion, one-third teaspoonful of paprika. Beat a raw egg and stir into the stuffing, then moisten with melted butter and a little hot milk. Fill cavity left by removal of bone with the stuffing, then rub the loin with flour and salt, dash with pepper, put in baking pan with teacupful of boiling water, and roast, with frequent basting, about two hours. It should not be rare. Serve on hot platter, making a gravy by thickening the pan liquid with a little flour. Serve gravy in separate boat.

Lamb in Tomato Sauce

THE remains of cold lamb or mutton are cut in neat slices and arranged on a flat dish. Boil one pint of canned tomatoes or a pint of sliced fresh tomatoes for twenty minutes. Rub the tomatoes through a strainer. Season with pepper and salt; add a small teaspoonful of sugar and a tiny pinch of baking soda to correct the acidity of the tomatoes. Cook one tablespoonful of butter and two heaping tablespoonfuls of flour together as in making cream sauce; add the strained tomatoes, and when it thickens set it aside to cool. Place a tablespoonful of the cold sauce on each slice of meat, and garnish the dish with sprigs of parsley. If desired the cold meat can be warmed in the tomato sauce and served hot.

Fillet of Beef

TAKE five pounds of beef tenderloin, larded, spread with one tablespoonful of butter, dust with salt, pepper, and flour. In the pan lay three slices of salt pork, and one tablespoonful each of onion, carrot, turnip, celery, parsley, one bay leaf, two cloves, one teaspoonful of salt, one-half cup of water or white wine. A covered roaster is the best to use. Sear quickly, then cover and cook half an hour, basting frequently. Fifteen minutes before serving, if liked, three bananas may be sliced in long strips and put on the fillet, one slice for each person to be served. Pour a can of mushrooms into gravy and serve over each slice of meat.

Spiced Roast Beef

TAKE a roast from the round some three inches thick, and with a sharp knife make an incision, like a "sign of addition," clear through the meat. Into this hole insert a slice of breakfast bacon. Several such incisions may be made, then rub well with salt and pepper and sprinkle with flour. Put the roast into the pan and pour over it a dressing made of half a cupful of vinegar into which has been stirred a tablespoonful

of sugar, one-fourth teaspoonful of mustard, and a few whole grains of allspice. Add a little water for basting. This is good served hot, but it is most delicious when cold.

Southern Steak

TAKE a flank steak about one inch thick, place in a baking pan containing about a teaspoonful of lard. Chop fine two green peppers, medium sized, or one small red pepper, and one large onion. Stir into this one cup of tomatoes. Mix well and spread on steak. Salt well and bake slowly for one hour.

Creamed Hamburg Steak

ONE pound Hamburg, one-quarter loaf stale bread (take bread, soak in water, then squeeze out), one onion cut small, one egg, salt and pepper to taste; mix well together and form into balls size of a golf ball, using a little flour. Take some drippings and brown flour in it, add enough boiling water to make thin gravy; drop balls into this and cook twenty minutes on slow fire. When ready to serve beat an egg well and gradually pour the gravy and balls into beaten egg.

Steamed Beefsteak

CUT pieces of round steak in a convenient size for serving. Dip them in egg, roll in cracker crumbs, and brown quickly in butter in a very hot frying pan. Place the meat in a deep dish or basin; make a brown gravy of butter, flour and water, with salt to season, and pour it over the meat. Then steam three hours or longer, if there is time. The meat will be tender and delicious.

Sirloin Steak

REMOVE flank and fat from a sirloin steak cut about one inch and a quarter thick. Baste with butter and sprinkle with grated bread crumbs mixed with fine chopped parsley and olives. Flatten with a broad-bladed knife wet in cold water

and broil over a fire that is not too hot, about twelve minutes. Remove to a hot dish, sprinkle with salt, spread with three tablespoonfuls of creamed butter mixed with a teaspoonful of lemon juice, a teaspoonful of parsley, and a tablespoonful of fresh horseradish.

California Steak

HEAT two tablespoonfuls of olive oil in a skillet, pound and flour steak exactly as if using lard or butter, and fry in the hot oil, turning frequently to prevent a crust forming. When the steak is removed, add a little butter to the contents of the skillet, and make gravy as usual.

Hamburg Steak, German Style

GRIND round beefsteak in food chopper, and add salt, pepper, onion, and one egg to suit taste. Have ready a bread stuffing, made as you would for poultry. Grease gem pans, add a layer of Hamburg, next a layer of bread stuffing, and lastly Hamburg. When done, turn out on bread and butter plates and garnish with parsley. They retain their shape, and are good served at afternoon luncheons.

Creamed Beef

TAKE one-fourth pound of dried beef, pull into small pieces, and fry slightly in a heaping tablespoonful of butter. Add a tablespoonful of flour, and when brown pour into it a half-pint cream or rich milk and cook until thick and creamy. Serve on toast. This makes an excellent luncheon dish.

Baked Corned-Beef Hash

A CUPFUL and a half of cooked corned-beef chopped fine, two tablespoonfuls of minced parsley, three cupfuls of chipped, cold, boiled potatoes; blend with a pint of seasoned cream gravy. Turn into a buttered baking dish and cook twenty minutes. Spread crumbs over the top with lumps of butter.

Cold Dutch Roll

TAKE two pounds of rump steak and two pounds of veal cutlet, and finely mince together. Add one-half a pound of bread crumbs with a seasoning of parsley, sage, pepper, and salt. Three eggs, with a dash of mustard, are put into the basin, and the whole is then formed into a roll. Dried bread crumbs are thickly sprinkled over it, two sheets of buttered paper placed round it, and it is baked for about two hours. When cold cut into thin slices with a sharp knife.

Mexican Hash

CHOP or grind meat left from a roast. To each pint of meat add one-half can of corn, three-fourths cup of bread crumbs, and enough of the left-over brown gravy to make quite moist. Season highly with paprika. Bake in a buttered dish twenty minutes. Excellent served with baked potatoes.

Roast Beef with Creole Sauce

CUT cold roast beef in thin, uniform slices. Re-heat in tomato sauce, to which add one tablespoonful Worcestershire sauce and one green pepper previously parboiled and cut in thin narrow strips. Season sauce highly with celery salt and tabasco sauce. Arrange neatly on hot platter and serve with baked potatoes on the half shell.

Beef Stew with Dumplings

5 pounds beef from lower part of round or chuck.
4 cups potatoes cut in quarter-inch slices.
1 cup each turnips and carrots cut in half-inch cubes.
1 medium size onion, sliced.
½ cup flour.
Salt and pepper.

WIPE meat with a piece of cheesecloth wrung from cold water. Remove from bone and cut in two-inch cubes, sprinkle with pepper and salt, dredge with flour. Cut some of the fat

in small pieces, try it out in an iron frying pan. Remove scraps and add meat. Stir constantly until the surface of each cube is quickly and richly browned. Put meat in kettle, rinse pan with boiling water that none of the richness may be lost. Add to meat remaining fat and bone, the latter broken in pieces. Just cover with boiling water and let boil five minutes; skim, then let simmer until meat is tender (about three hours). Add carrot, turnip, and orion, with salt and pepper, the last hour of cooking. Parboil the potatoes five minutes, drain, and add to stew fifteen minutes before removing from fire. Remove the fat and bones, skim again if necessary. Thicken with flour diluted with cold water to the consistency to pour. Mix the dough for the dumplings and drop them from the tip of a tablespoon in balls the size of a large egg. Cover closely and let steam fifteen minutes. Be sure the cover of the kettle fits closely and do not raise it until dumplings have cooked the full time. Turn stew into deep hot platter, surround with dumplings, and sprinkle all with finely chopped parsley or chives.

DUMPLINGS

2 cups flour.
4 teaspoonfuls baking powder.
½ teaspoonful salt.
½ tablespoonful butter.
¾ cup milk.

Mix and sift dry ingredients, rub in butter with tips of fingers, add milk gradually, cutting it in with a knife. Mix well and drop from tip of tablespoon closely together on top of stew. Cover closely and steam fifteen minutes.

Spanish Hash

Two cupfuls of cold boiled rice, one cupful tomato stock, two cupfuls chopped meat, slice of onion if desired. Mix rice and tomato juice, fill baking dish with layers of meat and rice, cover with crumbs, and bake one-half hour.

Mock Duck

TAKE a nice round steak and spread thickly with dressing of bread crumbs, chopped onions, pepper and salt to taste, and dot with small pieces of butter all over the top; roll like jelly roll and tie. Put in a pan and fill about half full of hot water, cut up in the water one onion, fine, bake in hot oven, covered, one hour.

Beef and Potato Cake

1 cupful cold corned beef.
2 cupfuls mashed potatoes.
1 egg.
½ tablespoonful finely chopped parsley.
Seasoning.

CHOP meat in a chopping bowl and mix thoroughly with mashed potato, highly seasoned. Add egg slightly beaten, parsley, and pepper if necessary. Roll into balls and pat into a cake. Dredge each cake with flour, dip in egg and crumbs, and fry in deep fat. Serve with young beets dressed with butter sauce.

Frizzled Dried Beef

TAKE half a pound of dried beef, shaved very thin. Chop it fine and pull out the strings. Put a large tablespoonful of butter in the frying pan and when it bubbles put in the meat. Stir till it begins to get brown and then sprinkle in one tablespoonful of flour and stir again, and then put in one cup of hot milk. Shake in a little pepper, but no salt. As soon as it boils up once it is done; put it in a hot, covered dish. Two eggs may be scrambled in the milk, and a couple of minced green sweet peppers added if that flavor is liked.

Beef Cutlets

AFTER grinding the meat season highly with salt and pepper, moisten with cream sufficiently to mould into cutlets. Broil cutlets over a bed of glowing coals as you would the steak, and serve with brown mushroom sauce.

Beef Breakfast Dish

BROWN an onion in bits of bacon; add one pound of cold chopped beef; stir with a fork; add seasoning and one cup of tomatoes; cover tightly and keep hot for ten minutes; serve on toast.

French Pot Roast

PUT a piece of coarse, rather lean beef weighing five pounds into a pot in which you have fried a pound of sliced fat pork. Cook the beef fast for five minutes, enough to sear one side; turn and sear the other for the same length of time. Then cover it with chopped onion, sliced turnips, shredded cabbage, carrots cut into dice, and a cupful of canned tomatoes. Cover (barely) with hot water, fit on a tight lid, and cook slowly for two hours, turning the meat once. Take up the meat, season with pepper, salt, and butter and set it in the oven to keep warm. Take up the vegetables with a skimmer, separate them as well as possible and arrange each by itself on a heated platter. Set this over boiling water while the gravy is thickened with flour. Boil up once, pour over the meat, which should be laid in the middle of a platter with the vegetables about it.

Pot Roast with Prunes

A PLAIN pot roast takes on an altogether new and delightful flavor if half a pound of well-washed prunes are added. Remove the prunes and pickle them and you have one of the best of relishes.

Chicago Pot Roast

ABOUT six or seven pounds of beef from the shoulder and a large piece of suet. Cut suet in small pieces and put in pot. Peel and slice three onions in with suet, then add salt, pepper, and a half-teaspoonful of ground allspice. When suet is rendered dip all out with a skimmer and set aside. Sprinkle meat with salt, put in hot suet, and brown on all sides. Meat can be cut in pieces if too large to fit in pot. Then put all in

pot with onions on top and cover with water. Cook three hours, then remove meat and cover it, add more water to pot, stir in flour and water, and the gravy will be beautifully brown and highly seasoned.

Hot Beef Loaf with Rice

PUT through the meat chopper a pound of beef from the round of a shoulder, bit of suet as large as an egg, and an onion larger than an egg, Mix all with one-half teaspoonful of sage, a saltspoonful of thyme, make into one flat cake, chop a slice of bacon, and press the pieces into the cake of meat. Cover all with flour, salt and pepper to taste. Wash carefully a cup of rice, and throw it into a quart of furiously boiling water. When tender put it where the steam will evaporate, leaving it dry. Cook the meat in plenty of drippings in a hot pan with a cover; make a gravy; pile the rice in a platter with the meat in the centre; garnish with sprigs of parsley; pour the gravy over the rice and serve hot.

Hot Beef Loaf

TWO pounds of beef chopped fine, two eggs, three pounded butter crackers, butter the size of an egg, one scant tablespoonful of salt, one-half teaspoonful of pepper, one teaspoonful of sage, the juice of one lemon, a few drops of onion juice. Mould into a loaf and bake three-quarters of an hour in a very hot oven, basting occasionally with butter and hot water. Serve at once.

Delicious Beef Loaf

TWO pounds of round steak, one pound of fresh pork, three green peppers, one-quarter of a nutmeg, one egg, three biscuits rolled fine, one large cup of stewed tomatoes. Season all well with salt and pepper. Put meat and peppers through chopper, then add seasoning and tomatoes. Have cracker crumbs on moulding board, forming the above into a loaf thereon. Put loaf into spacious, well buttered pan and

bake three-quarters of an hour. Baste frequently with butter.

Beefsteak Pie

Cut left over cold broiled steak in one-inch pieces. Cover with stock made from beef extract, using one-half teaspoonful of the latter to each cup of boiling water. Add one small onion, sliced, and cook slowly until beef is tender. Remove onion and make a sauce of the strained liquid, season with salt and pepper. Add one tablespoonful of Worcestershire sauce. Add two cups potatoes cut in half-inch cubes, previously parboiled five minutes in boiling salted water. Turn this mixture into a deep earthen pudding dish and cover with a delicate biscuit dough, or force highly seasoned mashed potatoes through a pastry bag and star tube, covering the entire top of pie; brush lightly with beaten egg. If covered with biscuit dough, bake twenty minutes in hot oven. If covered with potato, bake until heated through and potato is delicately brown.

Collops in Batter

Cut rare roast beef or cold veal into pieces about one inch thick, two inches wide, and three inches long. Put a tablespoonful of beef drippings or butter in a frying-pan; shred an onion and brown one tablespoonful in the hot fat. If there is gravy left from a previous meal, add half a pint to the onion in the pan. Should more be at hand pour in half a pint of hot water, thicken it with one teaspoonful of flour rubbed smooth with cold water. Season with pepper and salt. When it boils place the meat in a baking-dish, pour the gravy over it, and cover it with the batter. To make this, mix one cup of flour with two-thirds of a cup of milk; stir in one egg, beaten light, a pinch of salt, half a teaspoonful of soda and one of cream of tartar, or two teaspoonfuls of baking powder. Bake twenty minutes, or until the batter is light and delicately browned. This is an excellent way to use the Sunday roast on Monday night.

Crown Roast of Lamb

HAVE the butcher cut nine ribs from each of two sides of lamb, selecting ribs from each side. Cut the ribs apart at the backbone, but do not separate the chops. Trim the ribs as for French chops. Place the roast in a braising-pan and cook in a very hot oven for twenty minutes. Then add one cupful of boiling water and salt to taste. Reduce the heat and cook for forty minutes longer. Baste frequently. When done remove from the pan to a hot platter. Fill the centre with green peas and diced carrots.

Lamb Chops with Cucumbers

DUST the chops with salt and pepper, roll in egg, then in fine bread crumbs and fry in deep fat for five minutes. Put them on a hot platter and surround with slices of cucumber which have been dredged in well seasoned flour and also fried in the deep fat. The slices should be cut lengthwise, one-half an inch thick, and they should be soaked in ice water for twenty minutes before drying and cooking. A horseradish sauce adds to this dish. The horseradish should be soaked in vinegar and about two tablespoonfuls added to one and one-half cupfuls of drawn butter sauce If possible cut the horseradish root in sliver-like strips which will curl if cut fine enough and garnish the chops with them. This makes a very pretty company luncheon dish.

Lamb Cutlets

THE cutlets may be made from the fore-quarter of lamb, which is always four or five cents cheaper than the other part. Brush each cutlet over with beaten egg, roll in bread crumbs, and fry in hot fat. Serve with mint sauce.

Broiled Lamb Chops in Potato Mound

MASH hot boiled potato and season with butter, salt and a little hot milk or cream. Shape into a mound and place

in the centre of a hot chop plate. Surround it with the broiled chops, having each chop stand on the broad end, and the bone pressed into the potato, the small end reaching just to the top of the mound. Garnish with parsley. A broad silver pie knife will be found convenient to use in serving.

Delicious Lamb Chops

Rub chop thoroughly with a preparation of lemon juice and butter in the proportion of one teaspoonful of butter to two of lemon juice. Broil them.

Lamb Chops au Julienne

Trim the chops well, having them "Frenched," which means that the bone is left bare to be "frilled." Dust the chops on each side — they should be about an inch thick — with salt and pepper, roll them in egg and then in crumbs, and fry in deep fat five minutes. Cool the fat after the chops are in, that they may cook thoroughly and yet not be too brown. Prepare a brown sauce made with highly seasoned stock, add to one cup of this sauce one-half cup of tomato liquor or juice from a can of tomatoes, all of the spring vegetables in small quantities—green peas, string beans, and carrots—all shredded exceedingly fine.

Lamb Chops, Green Peas, and Potato Curls

With a potato "chipper" slice potatoes lengthwise and let the slices lie in ice water for an hour. Cook a quart of young green peas and a lettuce heart in rapidly boiling, slightly salted water. Delicately broil little lamb chops, "Frenched." Dry the potato slices in a napkin and drop them in smoking hot lard and cook until well crisped and curled. (It will take only a minute or two.) Drain the peas, remove the lettuce heart, and toss them with two tablespoonfuls of butter and a dusting of white pepper. Arrange the potatoes in the centre of a chop platter, place the chops around them, and make a border of the peas. Cover the ends of the chops with frillettes.

Baked Ham

HAVE either a whole or a half ham, and put it in water for eight or ten hours to draw the salt, then make a stiff dough of flour and water, put in around the ham on the under side and front, leaving the rind uncovered. Then take a cloth and sew the ham up in it quite tight. Bake in a moderate oven about thirty minutes to the pound.

Browned Ham

TAKE slice of raw ham, place in rather shallow pan. Cover with hot water and allow to simmer in the oven for forty minutes. Now take out of water and brown on both sides in frying-pan before serving. This dish will be found more delicious than fried ham and as tender as boiled ham.

Creamed Boiled Ham

THE next time you have a boiled ham try cutting some of it in thin, small bits and creaming like dried beef. This is a dish our English cousins are fond of and with baked potatoes makes an excellent luncheon.

Ham with Eggs

THIS is suitable for luncheon or supper. Mince fine one cup of boiled or broiled ham, also chop rather fine four hard-cooked eggs. Line a buttered baking-dish with soft bread crumbs, put in a layer of ham, then a layer of eggs. Sprinkle over the eggs finely minced green or sweet red pepper and over the ham finely minced chives or parsley. Repeat and cover the top layer, which should be eggs, with soft bread crumbs and bits of butter, pour into a dish three-quarters of a cup of cream sauce, and bake in a hot oven until quite brown on top.

Ham with Biscuits

FRY the required quantity of nice smoked ham; put on platter surrounded by hot baking powder biscuit, split; pour

cupful of milk into hot drippings left in skillet, thicken slightly with one teaspoonful of flour, add salt and pepper to taste, let come to a boil, and pour over biscuit and ham.

Ham Cutlets

ONE pound boiled ham, one large onion, one large potato, boiled, one sweet green pepper, two well-beaten eggs, salt and pepper to taste. Mince all together fine, then add eggs. Mould with hands to form small hams. Insert small piece uncooked macaroni in small end to form ham bone. Flour well and fry golden brown. Serve with cream sauce, sprinkled with minced parsley.

Broiled Bacon

SLICE the bacon very, very thin and cut off the rind. Put the slices close together in a wire broiler and lay this over a shallow pan in a very hot oven for about three minutes. If it is brown on top then you can turn the broiler over, but if not, wait a moment longer. When both sides are toasted lay it on a hot platter and put sprigs of parsley around. Cooked in this way, young children and invalids may eat bacon with perfect safety.

Veal Terrapin

CUT cold veal in dice; to one pint add six eggs boiled for fifteen minutes and cut fine. Sprinkle with pepper and salt. Add a tablespoonful of minced lemon peel, or a little grated nutmeg, or a small half-teaspoonful of sweet marjoram or summer savory, according to the flavor desired. Allow one cupful of cream or cream sauce to each pint of meat; let it come to the boil; heat all together and serve hot. To make cream sauce put one tablespoonful of butter into a granite-ware saucepan; when melted add two tablespoonfuls of flour and let it cook, stirring to prevent browning. When perfectly smooth pour in slowly one pint of milk. Let it boil for two minutes.

Veal Cutlets

WIPE off the meat with a clean wet cloth and then with one that is dry. Dust it over with salt, pepper, and flour. Put a tablespoonful of nice drippings in a hot frying-pan and let it heat till it smokes a little. Lay in the meat and cook till brown, turning it over twice as it cooks. Look inside and see if it is brown, for cutlet must not be eaten red or pink inside. Put in a hot oven and cover it while the gravy is made by putting one tablespoonful of flour into the hot fat in the pan, stirring it till it is brown. Then put in a cupful of boiling water, half a teaspoonful of salt, and a little pepper. Put this through a wire sieve, pressing it with a spoon, and turn it over the meat. Put parsley around the cutlet and send hot to the table.

Veal Patties

ONE pound raw veal steak, chopped fine, one cupful fine cracker crumbs, one beaten egg, and salt and pepper to taste. Mix well till it becomes moist, then pat into balls and fry slowly in butter. These are delicious and taste much like frogs' legs.

Potted Veal

THREE and one-half pounds of raw leg of veal chopped, one heaping tablespoonful of salt, one-half tablespoonful of pepper, eight tablespoonfuls of pounded butter cracker crumbs, three tablespoonfuls of cream, butter the size of an egg, two eggs, one-half nutmeg, grated. Mould into a loaf, and place in a baking-pan with a little water. Sprinkle over it bits of butter and cracker crumbs. Bake from two hours to two and a half; serve hot or cold.

Escalloped Veal

FOUR pounds of veal, one can of mushrooms, five tablespoonfuls of butter, four tablespoonfuls of flour. Save the jelly in which the veal is cooked and add to this enough milk

or cream to make a quart. Mix the butter, flour, and milk together and put on the stove with the jelly from the veal and cook until thick. Salt and pepper to taste. Then mix this with the veal and mushrooms which have previously been chopped in the food chopper. Put bread crumbs over the top and then bake in a slow oven for three-quarters of an hour.

Veal with Rice

PUT twenty cents' worth of veal to stew with onions and a few leaves of celery, pepper, and salt. In separate pan put rice with cold water and four or five pieces of celery, and as water boils down add the gravy of stew until rice is done. Serve separately with tomatoes and mashed potatoes.

Veal Loaf

THREE pounds fresh veal chopped fine, one and one-half pounds fresh pork chopped fine, one onion chopped fine, six eggs, six cups cracker crumbs, one and one-half cups cream or milk, dash of pepper, three teaspoonfuls salt; mix all together and bake in bread pans, and put a slice of bacon on each loaf.

Savory Veal

TAKE two pounds of veal cut into small pieces, and fry lightly in bacon fat, in which a slice of onion, two of carrot, and one tablespoonful of parsley have been cooked and skimmed out. Put the veal in a small porcelain kettle, pour one cup of boiling water into the frying-pan and strain into the kettle. Cook well, remove the veal, and brown one tablespoonful of butter, two of flour, and add one teaspoonful of curry. Surround the meat with this gravy, which must boil five minutes. Garnish with a border of rice and pimentoes. A beef stew may be cooked in the same way. The method is the same, but a different gravy is used; boiled or mashed potatoes may take the place of the rice. The gravy should be made as follows: To the browned flour and butter add one-half teaspoonful of salt, one teaspoonful of Worcester-

shire sauce, one-half teaspoonful of onion juice, and a dash each of nutmeg and cayenne.

Kidney Stew

CUT three kidneys lengthwise, each into three pieces. Wash and dry well. Heat three tablespoonfuls of butter in a saucepan, or chafing-dish blazer, put in the kidneys with seasonings, also one teaspoonful of minced onion, if liked, and add a cupful of brown meat gravy or soup stock. Simmer for ten minutes. Add juice of one lemon with a pinch of the grated peel. Put the kidneys on toasted bread, pour over the gravy, and serve.

Fried Brains

SOAK one calf's brains in cold water. Scald for one second. Dip in egg and cracker crumbs, and fry in hot butter. Garnish with parsley. Brains may be scrambled with eggs, and are very nice for breakfast.

Veal Cutlets with Vermicelli

REMOVE all fat from the cutlets and rub each with salt and pepper, then dip into melted butter and then into mixed bread crumbs and grated cheese. Let them stand half an hour, then dip into beaten egg, and again into crumbs, and fry a nice brown color. Meanwhile boil vermicelli tender in salted water, drain it, and mix with tomato sauce. Arrange the chops around a mound of the vermicelli and serve hot.

Veal Oysters

CUT veal from the tenderloin or leg into pieces the size of an oyster. Season with salt, pepper, and mace; dip in egg and cracker crumbs and fry. Eat with tomato sauce.

Roast Spareribs of Pork

SELECT a piece from young pork. Dredge with salt, pepper, and flour and set in a very moderate oven. Cook

twenty minutes for each pound, basting every fifteen minutes with the drippings from the pan. To be wholesome pork must be very thoroughly cooked. Serve with apple sauce.

Fillet of Pork

TAKE pork tenderloin, split lengthwise on the side, place two cut parts together, filling with bread stuffing; bind with coarse thread to keep together; place in baking-pan on bed of vegetables and spices, including one-half carrot, one-half onion, allspice, and cloves; cover the meat with fat pork or bacon, place in hot oven top rail for ten minutes; return to lower oven, cook three-quarters of an hour, or until done, baste frequently with a little butter and water, garnish with stewed apples and cress.

German Spareribs

THREE pounds of spare ribs, one pound of bread crumbs, one quart of apples. Put in roasting-pan a layer of ribs, sprinkled with salt and pepper, next a layer of sliced apples, then a layer of bread crumbs, repeat it, but let the top layer be ribs. Bake in a moderate oven two hours. Serve baked potatoes with it.

Pork with Sage and Onions

SELECT a nice young loin of pork with tenderloin. Chop onions fine. Season with salt, pepper, sage, and sprinkle with flour. Cut tenderloin away from loin and stuff hollow with this dressing. Roast brown. Serve with apple sauce and pared sweet and white potatoes roasted in pan with meat. Make a thick brown gravy.

Pork Apple Sauce

FOR apple sauce to serve with pork, add to two cupfuls of the sauce one tablespoonful of freshly grated horseradish which has been soaked in mild vinegar and squeezed dry. This is a German method.

Pork with Oysters

SELECT a thick tenderloin. Slit down the length of centre, being careful not to cut too deep. This will, by tying corners, make a sort of boat. Fill with oysters. Season with butter, salt, and pepper. Place in hot oven and baste occasionally with same dressing. One-half hour or longer will be required to cook it. The oysters are put in for the last fifteen minutes.

Stuffed Tenderloin

PROCURE a pork loin roast. Do not remove the tenderloin, but slit it and stuff with dry dressing made of stale crumbs highly seasoned with salt, pepper, and sage. Roast in usual manner and serve with potatoes roasted in pan with same meat, brown gravy, and apple sauce.

Boiled Pork Chops

AFTER rinsing in cold water six pork chops, pour over them enough boiling water to cover them. When they have boiled about twenty minutes add one bay leaf — four whole allspice, three peppercorns, and one small onion whole. Add the salt in about an hour. Let boil for two or three hours, or till the meat comes loose from the bone when pricked with a fork. Add a little boiling water when necessary. About fifteen minutes before removing from the fire, add a half-cup grated bread crumbs, preferably rye bread. Put chops on platter and pour gravy over whole. Serve.

Creamed Chops

TAKE one pound of pork chops, pound thin, season with salt and pepper, roll in flour, two well beaten eggs and cracker crumbs; fry in butter and lard golden brown. When done remove from pan and stir one tablespoonful of flour in drippings, add one cupful of sweet milk and the juice of one lemon; season and boil about three minutes; pour over chops and serve in five minutes. Exceedingly good.

Baked Liver

Buy calf's liver in a whole piece. Wash and place in a baking pan. Make four slits across the top with a sharp knife, and place a piece of fat bacon in each. Sprinkle well with fine cracker crumbs. Salt and pepper and add a little water. Bake for two hours, basting often, and add more water as it boils away.

Stuffed Calf's Liver

Slit the calf's liver, but not entirely through. Make a stuffing of bread crumbs, seasoned with onion, butter, pepper, and salt; fill the pieces of liver with it, tie and put in a dripping-pan with a little water. Bake about two hours. Baste often.

Liver Dumplings

One pound of beef liver, two good sized onions, pepper and salt to taste. Chop the liver and onions fine, then add two eggs and flour enough to make a stiff dough. Have ready two quarts of boiling water, to which one tablespoonful of salt has been added. Drop in the dough about the size of a walnut. Let boil about ten minutes. Then pour the dumplings into a colander and drain well. Brown one-half cup of butter in frying-pan and pour over the dumplings. These are delicious.

Mock Pâté de Foie Gras

This is an imported delicacy too expensive for the average housekeeper. This recipe is simple and the result hard to detect as an imitation. Boil one calf's liver; when cold, put through the finest knife of the meat chopper; add two cupfuls of melted butter, the juice of one onion, one-half pound of mushrooms stewed until tender, paprika, and celery salt to taste. Mix well, putting in some cut up truffles. Place in a buttered mould and serve cold.

Hash with Tomatoes

Two cupfuls of tomatoes, two cupfuls of cooked dice meat, one and one-half cupfuls of stale bread crumbs, two tablespoonfuls of butter, one teaspoonful of onion juice, three saltspoonfuls of salt and one-eighth saltspoonful of pepper. Melt butter and pour over bread crumbs; add salt and pepper, then mix in tomatoes, meat, and onion juice, seasoning to taste. Put some crumbs in a baking-dish, then the meat mixture, with the rest of the crumbs on top; bake in a moderate oven until brown.

Stuffed Heart

Wash the heart and cut out the middle strings. Stuff with a rich bread crumb dressing till the cavity is filled, put in the oven and bake two hours, basting frequently. Make a brown gravy from the juice in the pan. Garnish with parsley. Cheap, tender, and appetizing.

Broiled Tripe

When buying tripe for broiling, select pieces as thick as possible and preferably of the honeycomb variety. Brush on both sides with melted butter and broil quickly over a hot fire. Add more butter when on the hot platter. Tripe is very easily digested, excellent for invilids who cannot eat heavy meats.

Tripe and Onion Curry

Thinly slice one large Spanish or three mild white onions, and cut into dice one pound of boiled honeycomb tripe. In a frying-pan melt two tablespoonfuls of butter, lay in the onions, and cook slowly until golden brown. Sprinkle over one scant teaspoonful of curry powder and one tablespoonful of flour, stir until absorbed, then add gradually one cupful of water or white stock. When smooth and thick add salt and pepper to taste, and the prepared tripe, and simmer gently for five minutes.

Sweetbread and Mushroom Patties

ONE cupful cooked sweetbreads cut in cubes, one cupful sliced mushrooms, three tablespoonfuls butter, two tablespoonfuls flour, one-half cupful cream, one-half cupful of chicken stock, two egg yolks, one teaspoonful salt, one-half teaspoonful pepper, two tablespoonfuls orange juice and patty cases. Cream the butter, flour, salt, and pepper together. Add the egg yolks. Place the cream and stock in a boiler and bring to the boiling point. Pour this liquid over the other ingredients and combine them thoroughly. Return to the boiler and cook at a low temperature until done. Fill patty shells and serve very hot.

Sweetbreads

SELECT what are called "heart" sweetbreads. They must be perfectly fresh. Put at once in cold water for at least ten minutes, then cook for twenty minutes in boiling salted water, in which there is a tablespoonful of lemon juice. When tender, plunge at once into cold water. This process is always gone through no matter how the sweetbreads are to be ultimately prepared.

Baked Sweetbreads

LARD each one with four very thin strips of salt pork — about the size of an ordinary parlor-match — spread them with butter, dredge with salt, pepper, and flour, and bake twenty minutes in a quick oven. Serve with green peas well drained, seasoned with salt, pepper, and butter, and heap in the centre of the dish. Lay the sweetbreads around them, and, if you like, pour a cream sauce around the edge of the dish. One pint of cream sauce is enough for eight sweetbreads.

Creamed Sweetbreads

THIS is an attractive way to serve sweetbreads without the pastry shells generally used. Get as many paper cases from

the confectioner as you have guests to serve; cut the sweetbreads, after the preparation, into very small pieces, season with salt and pepper and moisten well with cream sauce. Fill the cases, cover with bread crumbs, set on a plate, and brown in a quick oven; serve at once.

Broiled Sweetbreads

SWEETBREADS may be broiled by splitting them after they are boiled, seasoning with salt and pepper, rubbing thickly with butter, sprinkling with flour, and broiling over a quick fire, turning constantly. They should be cooked about ten minutes, then served with cream sauce. Or put one small tablespoonful of butter and the same quantity of flour into a frying-pan, and when hot put in the sweetbreads, which have been split and cut into four pieces; turn them constantly until they are brown and well done, which will be in about eight minutes.

Sweetbread Cutlets

CUT fine one-half pound of cooked sweetbreads, and four ounces of mushrooms. Melt one tablespoonful of butter, add one heaping teaspoonful of flour; stir and cook two minutes. Add half-pint of milk, one gill of mushroom liquor, half a bay leaf, six peppercorns, a sprig of parsley, half a teaspoonful of salt, and a quarter of a teaspoonful of pepper. Stir and cook five minutes; then remove the bay leaf, peppers, and parsley. Mix the yolks of two eggs with half a gill of whipped cream, add to the sauce, stir and cook a few minutes; then add one ounce of butter, the sweetbreads and mushrooms. Stir until it boils; then spread the mixture on a dish. When cold, dip into beaten egg and bread crumbs, form into cutlets, and fry to a golden brown in deep fat.

Stuffing for Fowls

TAKE equal parts of dry bread, corn bread, one hard boiled egg, raw oysters, and mix well in a frying-pan with butter,

salt, and pepper, adding any desired herb. Stuff the fowl several hours before serving. Sausage and cooked (boiled) chestnuts may be added to the plain crumb dressing.

To Carve a Fowl

FOWLS must be held firmly in position with the carving fork, breast up, and the wings and legs should be removed first, separating at upper joint with a sharp knife. Next cut the breast or white meat into thin slices serving one piece with each wing. Divide the legs at the joint before serving — the second or upper joint, is a choice portion, and the drumstick is not to be despised, though a slice of the breast should always be served with each helping.

New Way to Stuff a Fowl

WHEN roasting a turkey, duck, or chicken, instead of sewing it up after stuffing, run some toothpicks across the opening and lace up with string like a shoe. When the fowl is done just pull the toothpicks out and the string will fall off.

To Remove the Tendons of a Fowl

WHEN dressing a turkey before removing the feet break the bone about an inch below the joint and place the feet in a clamp or some place to hold them solid and take hold of the upper part of the leg and pull, and all the tendons will come out with the feet, leaving the leg as tender and nice to eat as the second joint.

Excellent Poultry Dressing

CHOP fine the heart and liver of the fowl, a little parsley and small sized onion, six medium sized cold boiled potatoes, half-pound of pork sausage, half-loaf of stale bread crumbs (dampen the crust), half-teaspoonful of nutmeg, salt and pepper to taste. Chop all together, then mix well with four lightly beaten eggs. This is sufficient for one large chicken. Double amount for turkey.

Spiced Stuffing for Fowl

To one quart of grated bread crumbs add two cups of finely chopped celery, and a good half-cup of melted butter; season with salt and pepper to taste. Have the fowl well washed and drained before dressing, and sprinkle the inside of the fowl with ginger, which removes all odors and leaves a nice flavor to the meat.

Roast Turkey

An eight or nine pound turkey is a good size for a family of six. This should be roasted for two hours, basting every fifteen minutes and dredging with flour mixed with a little salt and pepper every other basting. In stuffing poultry be careful not to fill the crop or body too full or the stuffing will be soggy.

To make bread stuffing use one quart of stale bread crumbs moistened in cold water and then squeezed dry. Add salt, pepper, a little finely chopped parsley, poultry seasoning, one-half cupful of melted butter, and two eggs, stirred in, but not beaten. A little chopped onion is liked by most people, but the taste should not be too strong.

To make sausage stuffing soak four ounces of stale bread crumbs in water and press out all the water. Add four ounces of fine sausage meat, one tablespoonful of finely chopped onion and one of parsley, one teaspoonful of salt, dash of pepper, two well beaten eggs, and a dash of nutmeg. Another way of preparing this recipe is to chop the turkey liver with one small onion and brown in a little butter. Mix them with one pound of sausage meat and two cups of bread crumbs.

To make chestnut stuffing use one-half pound of lean veal, one-half cupful of melted butter, one cupful of bread crumbs. Blend, and if not moist enough add a little broth. Add four dozen chestnuts blanched and boiled, one teaspoonful of salt, and a little pepper. Small potato cakes can surround the turkey on the platter, sprinkled over with parsley.

Roast Goose

THE humble goose is becoming quite popular in this country, as it long has been in Germany, for holiday dinners. To prepare a goose for the oven, singe, and remove all pin feathers. Before drawing the bird give it a thorough scrubbing with a brush in a warm, white soap solution. This is necessary, for it cleans off all dirt that becomes mixed with the oily secretions, and opens and cleanses the pores that the oil may be more readily extracted. Draw and remove everything that can be taken out. Then rinse thoroughly and wipe inside and out with a clean crash towel; sprinkle the side lightly with salt, pepper, and powdered sage. (The latter may be omitted.) Stuff with the following mixture:

4 cupfuls hot mashed potatoes.
2½ tablespoonfuls finely chopped onions or chives.
1 cupful English walnut meats chopped moderately.
½ teaspoonful paprika.
1½ teaspoonfuls salt.
½ cupful cream.
2 tablespoonfuls butter.
Yolks of four eggs.
1 teaspoonful sweet herbs, if the flavor is desired.
Mix the ingredients in the order given and fill the body of the goose.

Trussing the Goose

THE goose is trussed the same as a turkey except the legs. They are too short to cross and tie, so they must be brought together with strings as close as possible and tied to the tail piece.

A Good Stuffing for Roast Goose

FOR the stuffing, put in the oven to bake three fair sized potatoes. When they are nearly done, mince one medium sized onion in the chopping bowl, add two quarts of fine bread crumbs, season with salt, pepper, and summer savory, and mix. Then add two tablespoonfuls of butter. Open the potatoes and with a fork scrape the inside directly over the

butter, which melts it. With the fork gently break up any lumps and mix the potato thoroughly with the rest of the contents of the bowl. The stuffing should not be packed in, but given a little room to swell. It is fine and light when cooked.

How to Roast a Goose

PLACE on a rack in a dripping pan, sprinkle with salt, cover the breast with thin slices of fat salt pork, and place in the oven. Cook three-quarters of an hour, basting often with the fat in pan. Then remove pan from oven and drain off all the fat. Remove the slices of pork and sprinkle again with salt and dredge with flour and return to oven. When the flour is delicately browned add one cup of boiling water and baste often. Add more water when necessary. Sprinkle lightly with salt and again dredge with flour. Cook until tender, from one and a half to three hours according to the size of the bird. Garnish the serving platter with sliced lemons, alternating with tufts of watercress or curly parsley. Serve with the goose a well-sweetened apple sauce.

Apple Sauce with Goose

TWO cupfuls of white stock, a bay leaf, a level spoonful of salt, and a pinch of white pepper, added for seasoning. Let simmer twenty minutes and then strain. Pare and core as many tart apples as are desired, place them in a granite pan, and pour stock over them, then cover and simmer until the apples are tender; remove them from the stock and set aside to cool. Blanch two cupfuls of chestnuts, crop fine and add to the stock, with five teaspoonfuls of current jelly and a trifle of paprika. Set the apples in a pan and pour over them the prepared stock. Bake in the oven twenty minutes.

German Stuffing for Goose

A CUP of softened bread crumbs, two sour apples, chopped fine, a handful of stoned raisins, one mealy potato, riced, a

generous lump of butter, and salt to taste; mix well. The American palate usually prefers a cup of chopped boiled onions in place of the sweet raisin flavor in the dressing.

Baked Chicken

JOINT two young chickens. Place in bake pan and season with salt, pepper, and about a tablespoonful of butter; sprinkle plentifully with flour; cover with hot water, or one-half water and one-half milk, and bake three-quarters of an hour in a hot oven. When done you will find a nice rich gravy over the chicken. With this, baked potatoes, baked squash, and baked apple may be served.

Maryland Chicken

CLEAN a chicken, and cut in pieces for serving; season with salt and pepper, dip in beaten egg diluted with two tablespoonfuls water, and roll in bread crumbs. Place in a buttered pan and bake one hour in a hot oven, basting with one-third cup melted butter in one cup water. Serve with one pint white sauce, to which has been added one-fourth teaspoonful celery salt.

Panned Chicken

CLEAN and joint two small "fryers." Put two tablespoonfuls each of butter and lard in a baking-pan and melt. Roll the chicken in flour that has been well seasoned with salt and pepper and lay in the pan, making only one layer. Place the pan in the oven and when the chicken is brown on one side turn it over. When done remove to a platter, garnish with parsley, and serve with gravy made in the pan.

Deviled Chicken

SOME cold chicken, one egg, one-half teaspoonful of mustard, one-half teaspoonful of curry powder, one-half teaspoonful of salt, two tablespoonfuls of bread crumbs, two tablespoonfuls of butter, some watercress or parsley. Beat up

the egg, add the mustard, salt, and curry powder, divide the chicken into small joints, and brush over each piece with the egg mixture, cover with bread crumbs, place in a baking-pan with the butter, and bake about fifteen minutes. Serve in a ring, garnished with watercress or parsley.

Chicken and Rice

TAKE a chicken weighing about three pounds, put in a white enameled iron kettle, let it brown a little first with a teaspoonful of butter, salt and pepper; when browned add water enough to cover, put in a small bunch of parsley; when chicken is nearly tender, add one cup of rice and boil together until rice is soft, then serve.

Chicken Soufflé

MAKE white sauce of two cupfuls milk, one tablespoonful each of butter and flour, one teaspoonful salt, and saltspoonful pepper. Add one-half cupful of stale bread crumbs and cook two minutes. Add two cupfuls chicken, chopped fine, the yolks of three eggs, well beaten, one tablespoonful chopped parsley, and whites of three eggs beaten stiff. Bake in buttered pudding-dish thirty-five minutes. Serve with mushroom sauce.

To make mushroom sauce use two tablespoonfuls butter, add two of flour, and pour on one and one-half cupfuls chicken stock, to which has been added five peppercorns, one-half blade mace, one slice each onion and carrot, a sprig of parsley, and a bit of bay leaf. Simmer thirty minutes. Add three-fourths cup of milk, strain, add one-half can sliced mushrooms, salt and pepper to taste. Cook three minutes.

Chicken Pudding

CUT a young chicken into small portions. Stew in salt water until tender. Sift two cups of flour with two teaspoonfuls of baking powder and a pinch of salt. Add one and one-half cupfuls of milk, two tablespoonfuls of butter melted, and two eggs beaten until light. Butter a baking-dish well.

Put a layer of the chicken in the bottom and pour over this one cup of the batter. Add chicken and batter until the dish is full. Dust each layer with pepper and salt and use one-half cup of melted butter, pouring some over each layer of chicken. Bake in the oven and serve with gravy.

Escalloped Chicken

BOIL a large chicken until tender, season well. Remove all skin and gristle, and cut the meat fine. Butter a pudding-dish, put a layer of cracker crumbs in the bottom, add bits of butter, and moisten with milk. On this put a layer of chicken, with bits of butter and chopped oysters, then another layer of crackers, and so on till the dish is full. Cover the top with cracker crumbs, and bake thirty minutes in a hot oven.

Chicken Livers en Brochette

TAKE a dozen and a half chicken livers, wash well, and be careful to cut away the gall without breaking it. Dry well and cut each liver in two, seasoning with salt and pepper. Put in a pan and fry with two tablespoonfuls of butter over a hot fire for five minutes; add a wineglassful of Madeira or sherry wine and two tablespoonfuls of water. Cook again for two or three minutes and add a tablespoonful of butter, and the juice of one-half a large lemon. Let it remain on stove just long enough to melt the butter and serve with diamond-shaped croutons.

Giblets with Rice

TAKE six chicken giblets and put them in a saucepan with one teaspoonful of butter and one-half sliced onion; let them brown and add a quart of soup stock and one small turnip sliced; one tablespoonful of rice and one carrot chopped fine, salt and pepper to suit the taste. Boil one-half hour and serve.

Chicken Cutlets

HAVE nice pieces of boiled chicken, roll in beaten egg and then in cracker crumbs, and fry a delicate brown. Served

with green peas or asparagus tips they are delicious for a luncheon.

Pressed Chicken

BOIL a fowl in as little water as possible till the bones slip out and the gristly portions are soft. Remove the skin and pick the meat apart and mix the dark and white meats. Remove the fat and season the liqour highly with salt and pepper; also with celery salt and lemon juice if you like. Boil down liquor to one cup and mix with the meat. Butter a mould and decorate bottom and sides with sliced hard-boiled eggs; also thin slices of tongue or ham cut into round and fancy shapes. Pack meat and set away to cool. Turn out and garnish with lettuce or parsley.

Chicken Pie

A DELICIOUS chicken pie can be made by cooking the chicken until tender and let stand in the broth over night, or for a few hours; then remove all the bones. For the crust take two cups of flour, two teaspoonfuls of baking powder, one teaspoonful of salt, two teaspoonfuls of lard rubbed into flour; mix all together with one cupful of sweet milk and one egg beaten light. Take three teaspoonfuls of butter, three of flour, mixed smooth, add five cups of the chicken broth, one cup of milk, and a little pepper; put on the stove and cook a few minutes. Have baking-pan ready and put the boneless chicken into pan mixed with layers of the crust cut into small strips, pour the mixture of broth over all and roll the crust to cover the top of the pan; bake until crust is brown.

Chicken Fillets with Celery Boulettes

TAKE white meat and boned second joints only. Make into fillets and spread with softened butter generously seasoned with salt and paprika. Put in a smooth baking-pan, cover with buttered paper, and bake fifteen minutes, then remove paper and brown delicately. Pour them on a hot platter. Into

the pan put some flour, and the chicken liquor in which one tablespoonful each of minced onion, celery, parsley, and a bay leaf have been cooked. Add one cupful of cream, pour around the fillets and serve.

How to Roast Duck

DUCKS should not be washed, but wiped thoroughly inside and out with a clean cloth. Rub inside and out with a bit of onion; salt and pepper. Rub the breast with olive oil In the bottom of the dripping-pan, put slices of bacon, chopped carrot, two bay leaves, and bits of celery. Bake half an hour. Stuff the same as chicken.

Wild Wood Duck

ALLOW one duck for each guest and an extra one or two for good measure. Remove the heads, feet, and feathers, singe and wash well in hot soda water, and with a sharp knife split each bird down the back and remove the intestines, reserving the livers. Rinse thoroughly and wipe dry. Place the birds in a large braising-pan, breast side up. Sprinkle with salt, pepper, and flour, and put a slice of bacon on each bird. Place in a hot oven and brown. Then add two cupfuls of boiling water and one tablespoonful sour wine. Cover closely and return to the oven. Cook until tender. Parboil the livers and mince fine. Melt one-half a glassful of currant jelly and to it add one-half a teaspoonful salt, pinch paprika, one-half teaspoonful mustard, four drops tabasco sauce, one tablespoonful lemon juice, the minced livers, and one cupful drippings from the ducks. Boil up once and serve hot with the ducks.

Roast Duck

A FIVE-POUND tame duck is a good size. Prepare, put in a baking-dish with half a cup of water, dust with salt, pepper, paprika, and two tablespoonfuls of butter or thin slices of bacon. It should be brown and tender in an hour. Serve

with fried hominy. The duck should be stuffed like chicken with plenty of onion seasoning.

Fried Hominy

To two pints of cold boiled hominy, add three eggs well beaten, with two tablespoonfuls of cream, salt and pepper to taste. Mix well and form into round, flat cakes. Flavor lightly and fry a golden brown in bacon fat. Garnish the platter on which the hominy is served with the fried bacon and rings of fried apples, powdered with cinnamon and brown sugar. Serve hot with the duck or fowl.

Broiled Quail on Toast

SELECT fat large quail; singe and wipe them well. Split them down the back and bend the legs forward. Rub them with melted butter, salt, and pepper. Pin a small thin slice of bacon on each breast with toothpicks and let broil five minutes on each side, then remove the bacon and on the breast side broil two minutes longer. Have slices of toast hot and sprinkle over them chopped parsley. Serve with a quail on each piece of toast and a quarter of a lemon.

Roast Partridge or Quail

CLEAN and open the bird, lay in strong salt water three or four hours; if not then ready to use put away on ice. Make a dressing of bread crumbs, butter, salt and pepper, and to each bird allow four or five oysters in the stuffing. Replace in a pan and put over them some butter, pepper, and enough water to make a gravy; sift a little flour over all. Lay a small piece of pork on each breast, baste frequently, and bake forty-five minutes in a good oven. Serve with currant jelly.

Broiled Birds with Bacon Rolls

CLEAN the birds and cut them down the back; carefully wipe inside and out with a damp cloth and set aside in a cool

place. Brush over the wires of a double broiler with bacon fat, set the birds in place, and broil ten or fifteen minutes over coals that are not too bright. Broil at first with the inside of the birds toward the fire, and far enough away to avoid burning. Set on rounds of toast, spread with a little butter, season with salt and pepper. Garnish each bird with a slice of fried bacon. Roll the slices and fasten with wooden toothpicks, then cook in the fat just long enough to become crisp, and lightly colored. Remove the toothpicks before serving.

Broiled Squab

SPLIT the squab through the back lengthwise, split the breast bone. Brush all over with melted butter or wrap in thin slice bacon, sprinkle with salt and pepper, place them in a hot oven fifteen minutes; if not richly browned, finish under gas flame or over glowing coals. Serve on heart-shaped pieces of toast, dipped quickly into dripping pan; garnish with sprigs of parsley and a crescent-shape rice croquette.

Small Birds en Brochette

ANY small bird that is good to eat, even the little English sparrow, is nice, prepared in this way. After cleaning the birds, split them open in the back, and, using a stout twine and coarse needle, string them together, putting a slice of breakfast bacon between the birds. About two dozen birds make enough for an ordinary-sized family After stringing these, reserving the giblets for gravy, tie the ends of the string together firmly, making a compact little roast of them. Season with salt and pepper, rub well with flour, and then put into the oven to roast until the flesh is tender This requires about an hour. When ready to serve just cut the string, and spread upon the platter, garnished with parsley. It is a pretty and a delicious dish.

VI.—CROQUETTES

CROQUETTES are shaped the best when the mixture is very cold, and should be handled as gently as possible so that they may be creamy inside.

For seasoning chicken and sweetbread croquettes, use celery salt, a dash of cayenne, lemon, and onion juice, a grating of nutmeg, and finely chopped parsley. One-third of a cup of mushrooms may be added.

The dipping and crumbing of croquettes must be carefully done. Add one tablespoonful of water to one beaten egg, dip in croquettes, then into finely rolled bread crumbs. To be sure of having the croquettes well covered, they may be rolled and dipped twice. Let them stand at least two hours before frying. Have the lard very hot and only fry a few at a time.

Apple Croquettes

PUT a pint of quartered tart apples in a saucepan, with one tablespoonful of butter, very little water. When tender press through a sieve and return to the fire, add a little sugar, one tablespoonful of cornstarch, and pinch of salt, mixed with cold water. Stir into apples, cook fifteen minutes. Turn onto a greased plate when cold, and just before serving, form into tiny croquettes, roll in bread crumbs, then in slightly beaten egg, then in crumbs and fry a golden brown in smoking hot lard. Drain on brown paper. Serve with pork or goose.

Baked Croquettes

MANY kinds of croquettes can be baked. This does away with the odor from the boiling fat. Mashed potatoes, rice, and macaroni need only a little beaten egg and the proper seasonings. The same is true of meat or fish with rice or crumbs. The material ready, shape the croquettes as you please, roll each twice in egg and in buttered crumbs. Lay on

the bottom of a buttered pan about an inch apart, and bake in a hot oven not more than ten minutes.

Beef Cecils with Horseradish Sauce

CHOP or grind fine, meat remaining from a roast of beef and serve next day as "beef Cecils" with horseradish sauce. To one cupful of chopped meat add yolk of one egg, two tablespoonfuls of bread crumbs, one tablespoonful of melted butter, salt, pepper, and onion juice to taste. Shape as croquettes and roll in flour, egg, and bread crumbs and fry in deep fat. Horseradish sauce: Melt one tablespoonful of butter; add rounding tablespoonful of flour, one and one-quarter cups of meat gravy, one-quarter cup of grated horseradish; boil five minutes, stirring all the time, and season to taste with salt and pepper.

Rice Croquettes

BOIL rice in tomato soup, and when cold add salt, paprika, one tablespoonful of melted butter, one teaspoonful of onion juice, two well beaten eggs, one tablespoonful of minced parsley, two tablespoonfuls of grated cheese. Mix well, make into croquettes, and let them stand two hours before frying.

Rice and Cheese Croquettes

MELT one tablespoonful of butter; in it cook one tablespoonful of flour, less than one-fourth a teaspoonful of salt, and a few grains of paprika; add one-fourth cup of milk and stir until boiling; add one cup of cold boiled rice and four tablespoonfuls of grated cheese. Mix together with a silver fork. When cold, shape into six cylinder shapes of same size. Beat one egg; add a tablespoonful of water and beat again; brush over the shapes with the egg, roll in sifted bread crumbs, and fry in deep fat.

Rice and Mushroom Croquettes

ONE-HALF cupful of rice, one-quarter pound of dried mushrooms, one slice of onion, slice of carrot, sprig of parsley, one

tablespoonful of butter, salt, dash of cayenne, sprinkle of nutmeg, yolks of two eggs. Boil the mushrooms till tender, strain off the liquor, and boil the rice in it. Chop the mushrooms very fine. Mix all and when cool form into croquettes and fry in hot lard.

Lobster Croquettes

MEAT of one lobster, bread crumbs, pepper and salt, powdered mace, two tablespoonfuls melted butter, two beaten eggs, pulverized cracker. Chop the meat of a boiled lobster fine, add pepper and salt and powdered mace. Mix with this one-fourth as much fine bread crumbs as you have meat, and the melted butter, and form into pointed balls. Roll these in the beaten egg, then in the pulverized cracker, and fry in butter. Serve dry and hot and garnished with parsley.

Croquettes of Fish

SEPARATE any kind of cooked fish from the bones, mince fine, season with pepper and salt to taste, then beat one egg with a teaspoonful of flour and a little milk, mix this with the fish, and make into balls. Brush the outside with egg and dredge with flour, and fry in hot lard.

Sausage Croquettes

ONE cupful of sausage meat, one cupful of hot riced potatoes, two hard-boiled eggs, finely chopped, one-half tablespoonful of finely chopped parsley, salt and pepper to taste. Moisten with thick white sauce, mould into cork-shaped croquettes, roll in crumbs, egg and again in crumbs, and fry in deep hot fat.

Sweet Potato Croquettes

No. 1

To two cupfuls of hot riced sweet potatoes add three tablespoonfuls of butter, one-half teaspoonful of salt, few grains of pepper, and one beaten egg. Shape, roll in flour, egg, and crumbs, and fry in deep fat and drain. If the potatoes are very

dry it will be necessary to add a small amount of milk to moisten.

Sweet Potato Croquettes

No. 2

Cook in salted boiling water (one teaspoonful of salt to each quart) ten sweet potatoes, and when cool enough rub off the skin and pass through a sieve. Add a tablespoonful of butter, the yolks of two eggs, a saltspoonful of black pepper, two saltspoonfuls of cinnamon, two tablespoonfuls of brown sugar and one of cracker dust. Mould into small pear-shaped croquettes and fry a dark brown in deep fat; drain, put a clove at one end and a sprig of parsley at the other. These are especially suited to roast goose or roast pork.

Shad Roe Croquettes

Make a sauce with a cupful of thin cream, thickened with one tablespoonful of flour and two tablespoonfuls of butter. Simmer the roes from two fish for fifteen minutes, remove the skin and mash carefully, so the eggs may not break. Take the sauce from the fire, beat in the yolks of two eggs, salt, cayenne, and a little lemon juice, and put back until it thickens; then add the roe and stir well; set away to become perfectly cold; then mould into croquettes and dip each into fine crumbs, egg, and crumbs again, and fry in deep fat. Sauce tartare may be passed with these, or they may be served alone, or cucumbers with French dressing may accompany them.

Salmon Croquettes with Peas

Flake two cupfuls of cold boiled or canned salmon with a silver fork. Season with a little salt, mustard, and cayenne. Mix with it one cupful of thick cream sauce, made by blending together one tablespoonful of butter with two tablespoonfuls of flour, and adding gradually one cupful of hot rich milk or thin cream. Cook this in a double boiler or saucepan until smooth and thick, seasoning the sauce with salt, pepper, and celery

salt. Spread the salmon mixture on a buttered platter to cool. Heat one cupful of canned peas with three tablespoonfuls of butter, one teaspoonful of sugar, two teaspoonfuls of flour, and three tablespoonfuls of thin cream. When the salmon is cold, shape a portion into a flat round cake, put a spoonful of creamed peas in the centre, cover with the salmon, make into a ball, dip in crumbs, beaten egg, and crumbs again, and fry to a golden brown in hot fat. Garnish with parsley.

Oyster Croquettes

FIFTY oysters, yolks of four eggs, two tablespoonfuls of butter, two tablespoonfuls of parsley, one-half pint of milk, one-half pint of oyster liquor, four tablespoonfuls of flour, salt and cayenne to taste. Strain the liquor, drain and wash and put the oysters in a saucepan with some of the liquor, and boil hard for five minutes. Remove from fire, and chop very fine. Put milk and liquor in saucepan, rub flour and butter together, and stir in the milk. When smooth, add oysters. When thick, add the yolks of the eggs. Cook one minute. Take from the fire, add parsley, salt, and pepper, and when cold set upon ice to stiffen. Do this several hours before you wish to cook them. Form into croquettes with floured hands, roll in the yolk of an egg, then in cracker dust, and fry in boiling fat.

Nut Croquettes

CHOP one cupful of walnut meats and add to them one cupful each of mashed potatoes and fresh bread crumbs. Moisten with one-quarter of a cupful of stock, season with a teaspoonful of salt and a saltspoonful each of nutmeg and white pepper. Add the beaten whites of three eggs, and the yolk of one. Beat hard, form into small croquettes, roll in bread crumbs, and fry in deep fat.

Tongue Croquettes

BRING one cup of milk to the boiling point, rub together one tablespoonful of butter, and one tablespoonful of flour

and stir into the milk. Cook till thick. Add one pint of cold boiled tongue, chopped fine, one tablespoonful of minced parsley, one-half teaspoonful of salt, a pinch of cayenne pepper, and one teaspoonful of lemon juice. When cool form into croquettes, dip in beaten egg, then in cracker crumbs; fry in smoking fat.

Veal Croquettes

No. 1

TAKE one cupful of boiled rice, one cupful of finely chopped veal, one teaspoonful of salt, a little pepper, two tablespoonfuls of butter, half a cupful of milk, one egg. Put milk on to boil, and add veal, rice, and seasoning; when this boils, add the egg, well beaten, stir one minute; and after cooling, shape, roll in fine dry bread crumbs, dip in beaten egg, and again in crumbs. Fry in hot fat.

Veal Croquettes

No. 2

2 cupfuls cold cooked veal, chopped.
½ teaspoonful salt.
⅛ teaspoonful white pepper.
Yolk of an egg.
Few grains paprika.
Few drops onion juice.
1 cupful thick white sauce.

COOL, shape into croquettes, crumb, and fry.

Thick White Sauce

1 cupful milk.
¼ cup flour.
½ teaspoonful salt.
Few grains paprika.

PLACE butter in saucepan; stir until melted and bubbling. Add flour mixed with seasonings, and stir until thoroughly blended. Pour on gradually the milk, adding about one-third at a time, stirring until well mixed; then beat until smooth.

Chestnut Croquettes

To make a sweet croquette add to a cupful of finely sieved nuts, while still hot, the beaten yolks of two eggs, sugar to taste, and enough cream or thick cream sauce to mould. Insert a bit of preserved fruit in each croquette, roll in egg and fine crumbs, fry quickly in olive oil, drain, and sprinkle lightly with powdered sugar. Serve with a sweet, hot fruit sauce. Another method of making a chestnut croquette is to add to the unsweetened mixture two tablespoonfuls of grated American cheese, and mould in the centre a bit of sweet red pepper.

Lamb Croquettes

2 cupfuls cold cooked lamb.
4 tablespoonfuls butter.
5 tablespoonfuls flour.
1½ cups stock or milk.
1 tablespoonful capers.
1 egg.
½ teaspoonful finely chopped chives or onion.
Salt, pepper, nutmeg.

Melt butter in saucepan, add flour; stir to a smooth paste. Add stock or milk and stir until smooth and glossy. Add lamb chopped fine in chopping-bowl, add capers and chives, and season to taste with salt and pepper and a few grains nutmeg. Spread mixture on plate to cool, mould into cork-shaped croquettes, dip in crumbs, egg, and crumbs, and fry in deep fat. Serve with French peas.

Rice Boulettes

Pick over and wash one-half cupful of rice. Put it into a double boiler with two-thirds of a cupful of chicken or veal stock and cook until the liquid is absorbed. In the meantime cook together for twenty minutes one-half of a can of tomatoes, one-quarter of a small onion, one sprig of parsley, two cloves, a dozen peppercorns, and one teaspoonful of sugar, then rub through a sieve. Add this to the rice and continue cooking

until it is very tender and the tomatoes are about absorbed. Take the rice from the fire, add one beaten egg, one-half of a teaspoonful of salt, a dash of cayenne, one tablespoonful of butter, and two tablespoonfuls of grated cheese. Stir until these ingredients are well mixed in, then spread on a buttered platter and set aside. When cold, form into balls about an inch and a half in diameter, dip into beaten egg, roll in fine crumbs, and fry golden brown in smoking hot fat.

Cheese Croquettes

INTO a saucepan put one tablespoonful and a half of butter and two tablespoonfuls of flour and place over the fire until melted and mixed. Add gradually two-thirds of a cupful of scalded milk, stirring until the sauce is thick and smooth. Drop in the unbeaten yolks of two eggs and stir rapidly until well mixed, then add one-half of a cupful of grated cheese (Swiss) and one cupful of mild American cheese, coarsely chopped. Stir until the grated cheese melts, then take at once from the fire, add salt, pepper, and cayenne to taste. Spread on a shallow dish and put aside until cold. Turn out on a board, cut into pieces two inches long and not quite an inch wide. Dip into slightly beaten egg, roll in fine bread crumbs, and fry golden brown in smoking hot fat. Drain on unglazed paper.

Banana Croquettes with Potatoes

PEEL ripe bananas, cut them in two, cut off the round ends, crumb, egg, and crumb them and fry them in deep fat. The best fat for this purpose is flank fat from beef. Cut underdone boiled potatoes into even quarters and dip them in melted butter, put them in a shallow pan, dust them with salt, paprika or pepper, and minced parsley and leave them in a hot oven fifteen minutes. Serve on a small platter surrounded by the croquettes.

Egg Croquettes

CUT one dozen hard-cooked eggs in halves and remove the yolks. Smooth the yolks in a bowl, moistening with one-half

cupful of boiling water, one tablespoonful of lemon juice, and one tablespoonful of vinegar. Season with one teaspoonful of dry mustard, and one-half teaspoonful each of salt and pepper and a pinch of ground cloves. Smooth the mixture carefully and use as a filling for eight of the eggs. Adjust the halves to form eight whole eggs. Roll these in the white of egg and then in bread crumbs and brown in a wire basket in hot lard. Have ready one pint of hot milk seasoned with a bay leaf. Thicken the milk with a little flour and butter and all the yolk mixture still remaining in the bowl. Cook to a thick consistency. Pour this thick yellow sauce into an oval shaped platter. Lay eight ovals of toasted bread spread with caviar in the sauce and finally the eggs on the toast. Make a border to the dish of pastry with the rings of the whites of the remaining four eggs.

Beef Croquettes

1¾ cupfuls cold cooked beef, chopped fine.
¾ teaspoonful salt.
¼ teaspoonful pepper.
1 teaspoonful parsley, finely chopped.
1 tablespoonful Worcestershire sauce.
1 cupful thick white sauce.
Onion juice to taste.

REMOVE all fat and gristle from meat and chop it fine in a chopping-bowl, add ingredients in the order given. Shape croquettes in cones, roll in crumbs, egg, and crumbs, and fry in deep hot fat. Drain on brown paper and serve surrounded with this sauce:

2 tablespoonfuls butter.
2 tablespoonfuls each onion and green pepper, finely chopped.
4 tablespoonfuls finely chopped mushrooms.
2 tablespoonfuls flour.
1 cupful tomato *purée*.
1 truffle cut in small pieces.
¼ cup sherry or brown stock.
Salt, pepper, and cayenne.

Melt butter in a saucepan, add onion, pepper, and mushrooms, cook five minutes. Add flour and stir until well blended, add tomato *purée* (should be thick), truffle, and sherry (or brown stock if wine is not desirable), season highly to taste with salt, pepper, and cayenne. Serve with beef croquettes.

Chicken Croquettes

Cook one four-pound fowl in boiling salted water with four slices carrot, four slices onion, one sprig parsley, and one-half bay leaf, until tender. Remove vegetables, reduce the stock by boiling to three cupfuls. Cool and remove the fat. Melt one heaping tablespoonful butter, add two heaping tablespoonfuls flour, one cupful of the chicken stock, and when perfectly smooth one egg yolk. Add the chicken from the breast and second joints chopped, salt, pepper, and a slight grating of nutmeg. Cool the mixture, shape, dip in crumbs, egg, and crumbs, and fry in deep fat. The remaining chicken stock may be used with a small amount of stock made from the bones of the chicken for a soup.

Lamb Boulettes and New Cabbage

Take the scrap ends of uncooked meat, enough to measure one pint; put through a mincer. Add to this twelve mint leaves, quarter of an onion, minced fine; two tablespoonfuls butter, one teaspoonful salt, half-teaspoonful paprika, three rolled milk crackers, yolks of two eggs. Roll into small fingers; dip into beaten yolks, then into cracker crumbs, fry in deep fat. Serve on new cabbage, shredded, cooked tender, then drained and hot cream, butter, pepper, and salt added. Garnish with hard-boiled eggs.

VII.—VEGETABLES AND SAUCES

"FRIED, baked, or boiled?" asked the new maid when potatoes were mentioned. Why no meal seems complete without this vegetable is largely a matter of custom, for they are not necessary to a well arranged menu, but as space does not permit discussion as to the relative nutritive properties of various legumes, plainest rules are given for new ways of preparing potatoes and other vegetables. Perhaps these rules are not really new, but they are appetizing, inasmuch as special attention is paid to garnishing and serving. Most vegetables go into boiling water for cooking with one teaspoonful of salt to each quart.

Cooking of Vegetables

ALL green vegetables must be cooked in boiling salted water just as rapidly as possible. Dry vegetables, grown underground, are cooked in cold water, and salt added when half cooked.

Vegetables and Sauces to Serve with Meat and Fowls

WITH beef serve white or sweet potatoes, mushrooms, cauliflower, Brussels sprouts, beets, spinach, tomatoes, squash, turnips, green corn, egg plant, peas, or beans. Tomato sauce, mushroom sauce, cooked bananas, croquettes of rice, hominy, or macaroni, apple fritters, apple croquettes, currant jelly, or yellow tomato preserves.

With pork serve white or sweet potatoes, spinach, beets and beet-greens, Brussels sprouts, cauliflower, hot or cold cabbage, apple fritters, or apple sauce.

With leg of lamb or mutton serve white or sweet potatoes, tomato or rice croquettes, green peas, celery or cooked cucumbers, asparagus, spinach, mushroom or tomato sauce, currant jelly, orange marmalade, or any fruit jelly.

With veal serve sweet or white potatoes, spinach, beets, peas, cauliflower, fried parsnips, any desired sauce.

With fowls serve white or sweet potatoes, rice croquettes, fried hominy, cooked cucumbers, celery (cooked), mushrooms, beans, any sauce desired, apple fritters, cranberries, oysters, boiled onions (with duck).

If meat or fowl is served with a sauce, the accompanying vegetable should be dry. Two sauces or soft dishes are not served at once.

A Potato Border

ALMOST any creamed dish, such as creamed fish, chicken, lobster, or veal, can be very daintily served inside a potato border. First arrange the potato. Mash it well, add seasoning, butter and cream or milk, and beat with a fork till quite creamy, then put in a pastry bag and force through in good-sized roses made like a deep border. Pour the creamed mixture inside and set in the oven for a few minutes to allow the potato to brown delicately. Garnish with parsley before sending to the table.

Novelty Potatoes

No. 1

MASH and season separately, sweet and Irish potatoes; put a smooth layer of the Irish potato on a plate, then on top of this an equal layer of the sweet potato. Continue until the dish is the desired size. When serving, cut in slices.

Novelty Potatoes

No. 2

CHOP very fine one quart of cold boiled potatoes, put them into a saucepan with one cupful of cream, two tablespoonfuls of butter, a little salt and pepper, set on the fire, stir until hot, then turn into a baking-dish, cover with bread or cracker crumbs, and bake brown in a brisk oven.

Potatoes on the Half Shell

ALLOW a half or two halves to each person. Bake the potatoes, scoop out the inside, and mix with two cups of minced meat, preferably steak, one tablespoonful of butter, tablespoonful of tomato catsup, one tablespoonful of minced parsley, onion juice, salt and pepper to taste. Cream may be added to give the right consistency. Fill the potato shells, brown in the oven.

Sautéd New Potatoes

SCRAPE and cook in boiling water. When done drain, slice, and place in a hot frying-pan with some melted butter; fry to a nice brown, turning often. Sprinkle finely with chopped parsley, pepper and salt. Serve hot.

Potato Puffs

To every pint of cold mashed potatoes allow one egg and one teaspoonful of baking powder. Beat together till very light and fry in deep fat, dropping in the potatoes a teaspoonful at a time.

Browned Mashed Potatoes

PEEL and boil six large potatoes in salt water; when done mash them fine, add butter size of walnut, half a cup of milk or cream; beat thoroughly with a large spoon. Butter a dish, spread potatoes in smoothly, and bake in a moderate oven until a golden brown, or about twenty minutes.

Puffed Potatoes

EITHER white or sweet potatoes may be used. Boil or bake the potatoes, mash through a sieve, and add a tablespoonful of cream, or milk if you have not cream, to each cupful, using salt and white pepper as required. When they are well mixed, add the beaten yolk of an egg, one tablespoonful of melted butter, and a sprinkle of chopped parsley. It should be soft and creamy and kept hot while the white of an egg is

beaten to a stiff froth. Add as lightly and quickly as possible and brown in the oven, either in scallop shells or in heaping spoonfuls on buttered pie plates.

Potato Soufflé

BAKE six large smooth potatoes forty-five minutes, remove pulp from skins, and force through a potato ricer; season well with salt and white pepper. Add one tablespoonful of butter and moisten with one-half cup of hot thin cream or rich milk; cut and fold in the whites of three eggs beaten stiff, turn the mixture into a well buttered pudding-dish, brush top lightly over with a slightly beaten egg; place in hot oven until well puffed and delicately browned. Serve in baking-dish placed in a silver receptacle made for this purpose, or fold a napkin around dish before sending to the table. Serve immediately.

Potatoes and Cheese

TO one pint of mashed potatoes, add a little salt and sweet milk. Then mix in one ounce of grated cheese. Grease a pie dish, lay the potatoes in smoothly, grate a layer of cheese over the top, add bits of butter, and bake brown.

Browned Baked Potatoes

PARE and cut in squares half an inch thick, lay in a baking-pan, place in a hot oven, turn once or twice. When tender and brown serve with plenty of melted butter. Serve very hot.

Lyonnaise Potatoes

CUT cold boiled potatoes in small cubes and sprinkle with salt and pepper. Brown an onion in a tablespoonful of butter and add the potatoes; stir and cook five minutes. Add a little minced parsley and serve.

Stuffed Potatoes

THE potatoes are baked, then a piece of the skin is cut from the side, some of the potato removed, and a raw egg is dropped

into the cavity. Over this spread a *purée* of ham, which is only finely minced ham mixed with a little gravy or ham stock. Then the potatoes are put back into the oven until the egg has time to cook.

Potato Chips

PEEL and slice very thin eight large potatoes. Lay the slices in salted cold water for ten minutes. Remove and dry in a soft napkin. Have ready boiling lard, drop in a light handful at a time, keeping them separated. As soon as they are of a pale brown color lift out in a wire spoon, drain, and place on a hot dish.

Potato Peanuts

SOFTEN two tablespoonfuls of peanut butter with a little boiling water and add it to one cupful of hot mashed potatoes, seasoning liberally and beating till light. Shape into four flat cakes, flour lightly, and brown in a little hot fat. Just before serving, pour over them a hot tomato sauce, made by sifting and slightly thickening a cupful of canned tomatoes, well seasoned. Or they may be served without sauce, garnished with parsley.

Snow Potatoes

TO two cupfuls cold mashed potatoes, add two tablespoonfuls melted butter; beat together to a cream, then stir in one cupful sweet milk and one teaspoonful of salt. Add the well-beaten whites of two eggs, beat well together; pour into buttered dish and brown in the oven.

French Fried Potatoes

SLICE the potatoes lengthwise in slices about a quarter of an inch thick; let them remain in cold water for an hour or longer; dry in a cloth and fry in hot lard. Before they become quite done and for the purpose of making them puff up, take them out with a skimmer and drain, returning them again to the lard and continuing the frying until done. Sprinkle with salt, serve hot.

Mashed Potatoes

PLAN to have the potatoes cooked just in time. Few vegetables are so injured by standing. Drain thoroughly, allow the steam to escape, and mash till entirely free from lumps. Have ready some hot milk and some melted butter, using the piece of butter the size of an egg to a pint of the potato. Stir in the butter first, then beat in enough of the milk to make the mass soft and creamy. Beat hard and well, and season with half a teaspoonful of salt and a very little white pepper. Heap in a hot vegetable dish and serve at once.

Smothered Potatoes

PARE about six large potatoes and slice rather thin. Make a cream sauce as follows: One tablespoonful flour and one of butter, smoothed together; then add about one pint of milk and stir constantly until it boils. Then pour on your sliced potatoes and put in a buttered dish, cover and bake three-quarters of an hour, removing the cover the last twenty minutes and spread with a well-beaten egg. A sliced onion or two can be put in if desired. Season to your own taste.

Puffed Potatoes

PEEL nice white potatoes, slice in quarter-inch slices, lay in ice water for half an hour; take out and wipe dry in a clean cloth. Fry in smoking hot deep fat. Let cool for at least a couple of hours. Just before serving put into the smoking hot fat again for a couple of minutes. Sprinkle with fine salt and serve at once

Delicious Potato Dumpling

GRATE a dozen cooked and cold potatoes, add two tablespoonfuls of flour, one cupful of bread crumbs, one large onion, grated, one-half cup of minced parsley, two eggs, pepper and salt to taste; mix well together, then flour hands and form in balls; have ready a pot of boiling salted water and drop balls

in. When they swim to top they are done. Do not allow water to stop boiling or they will come apart.

To make dressing use one cupful of butter, one-half cupful bread crumbs, fried brown, spread over top and garnish with parsley.

Lenox Potatoes

MIX two cupfuls cold boiled potatoes finely chopped, one cupful finely chopped ham, and three pimentoes finely cut. Season with salt and pepper. Fry out fat salt pork cut in cubes and drain; there should be one-half cupful fat. Mix potatoes and fat, turn into an iron frying-pan and cook slowly until well browned underneath, then fold and turn onto a hot platter.

Creamed Potatoes

THIS recipe has two distinctive features: The potatoes must be baked and they must be cooked in an iron spider. When the spider is warm put in one cupful of cream or rich milk and one tablespoonful of butter. As soon as very hot, stir in five medium sized baked potatoes, chopped, which have been previously mixed with one teaspoonful of flour. Salt and pepper to taste. Cover and cook slowly for fifteen minutes. Before turning into serving-dish, mix one teaspoonful of chopped parsley with potato.

Delmonico Potatoes

CHOP fine sufficient cold boiled potatoes to make one pint. Put one tablespoonful of butter and one of flour into a pan; add a half-pint of milk, a half-teaspoonful of salt, a dash of pepper; when boiling, mix this with the potatoes. Turn into a small baking-dish; sprinkle over the top two tablespoonfuls of Parmesan cheese, and bake in a quick oven until a light brown.

Plain Boiled Potatoes

To boil potatoes put them on in boiling, unsalted water, and boil rapidly for ten minutes, then more slowly until the

potatoes are nearly done. At this point throw in a cupful of cold water, which will cool the surface, allowing the centre to cook a moment longer, making the potatoes mealy. As soon as the water again reaches the boiling point drain perfectly dry, dust them with salt and shake lightly over the fire. When they are white, like little snowballs, turn them into a hot, uncovered dish.

Scalloped Potatoes

BUTTER a bright tin basin or pudding-dish and put in a layer of cold potatoes sliced, and seasoned with pepper, salt, and bits of butter. Dredge lightly with flour. Fill the dish with these layers, covering the top with fine cracker-crumbs. Pour over it a cupful of milk or cream, and bake half an hour.

Sweet Potatoes in Cases

WASH and bake six large sweet potatoes. When done, cut a small hole in the top of each and scoop out the entire inside. Mash fine in a saucepan over the fire, adding two tablespoonfuls of butter, a generous quantity of cream, salt and pepper, and the beaten whites of two eggs. Fill the skins with this mixture, set back in the oven and serve hot.

Sweet Potatoes for Two

BOIL until tender two large sweet potatoes, cut in slices one-quarter inch thick, lay in a buttered dish, dredge with one teaspoonful of flour; sprinkle with one-half teaspoonful of cinnamon, pinch of salt, two tablespoonfuls of brown sugar. Pour over all two tablespoonfuls of cream and one-half cupful of hot water; bake, covered, in a moderate oven one-half hour.

Candied Sweet Potatoes

STEAM the sweet potatoes until perfectly done, and peel them. Have ready two teacupfuls of sugar boiled into a syrup, with one and a half teacupfuls of water. It should be like the syrup of preserves. When removed from the fire, but still warm,

stir into it a very heaping tablespoonful of nice butter. Slice the potatoes into a baking-pan that will hold them without being quite full. Pour over them the syrup, put extra bits of butter about, on top of them, and set them in the stove to bake. Now and then tilt the pan and dip up and pour over the potatoes some of the syrup. Do not let the top get dry. Bake rather slowly for about an hour and a half. Serve in the pan in which it is baked; send to the table hot.

Asparagus on Toast

CUT the stalks to four or five inches in length, tie in bundles and cook until tender in boiling salted water. Have ready some slices of nicely browned toast; butter while hot, lay on a hot platter, and cover with the asparagus. Some cooks serve it with a white sauce poured over it. This is, however, a matter of taste.

To Boil Asparagus

A NEW way to cook asparagus is to stand it up in a large tin coffee-pot, which admits of cooking it in a whole bunch.

Boiled Asparagus

TWO or three bunches of fresh or one can of asparagus, six slices of toast, one-half cupful butter, two tablespoonfuls of chopped parsley, one lemon, sliced, four or five brittle leaves of lettuce, salt and pepper to taste. If the asparagus be fresh, it should be slightly boiled; if canned, allow it to drain for an hour before using; toast the bread a light brown, and butter well. Place the asparagus in an old-fashioned toaster, or a charcoal pan, and broil a deep brown; when browned, place on the toast, cover with melted butter or drawn butter sauce, garnish with lettuce and lemon.

Cauliflower with Cheese Sauce

SOAK the vegetable for one hour in strong salted water; then remove tough leaves and boil the flower until tender;

drain; place on a plate, surround with toast points and serve with a pint of white sauce, to which add two tablespoonfuls of grated cheese, a pinch of red pepper, and a beaten egg yolk.

Cauliflower au Gratin

ONE large cauliflower, one pint boiling water, one pint sweet milk, one-fourth cupful butter, one cupful white sauce, one-fourth cupful grated cheese, one cupful cracker crumbs, one tablespoonful salt. Trim and wash the cauliflower and tie it up in a piece of clean cheese cloth. Place in a deep saucepan, head downward. Add the hot water and milk, and cook until tender. Remove from the saucepan and drain thoroughly. Place stem downward in a baking-dish, sprinkle with salt, and cover with the white sauce. Mix the cheese and crumbs and sprinkle them over the cauliflower. Dot with butter, and brown in a moderate oven.

Baked Cauliflower

PREPARE it the usual way; that is, let it stand at least an hour in cold water, head down, so if there happen to be any bugs or insects in it they will run out into the water. Then boil until tender, after which put it in a baking-dish, turn over it white sauce mixed with grated cheese, sprinkle the top with buttered crumbs, and bake until nicely browned.

Broiled Green Peppers

WASH, remove the stem ends and seeds from six young green peppers, and cut into quarters. Place on a well-greased broiler and broil over a clear, strong fire until the edges curl. Put on a hot platter and pour a little melted butter over them, or butter mixed with a little lemon juice, minced parsley, and onion juice, also a dust of salt.

Stuffed Green Peppers

WASH ten or a dozen large green peppers, put them into boiling water, and boil for five minutes, then take them from

the water and remove the skins by rubbing with a wet cloth. Cut off the stem ends, remove the seeds with a large spoon, and stuff the peppers with any kind of minced cold meat, mixed with an equal quantity of stale bread moistened with cold water, and properly seasoned with salt. Replace the stems, set the peppers in a deep earthen dish or plate, pour in as much cold gravy as the dish will hold, and bake them in a moderate oven for half an hour. They may be stuffed with sausage meat and bread. Cheese may be grated and mixed with bread crumbs for stuffing peppers; they should then be fried instead of baked.

Pepper Cups

SLICE off the tips of as many small ripe peppers as there are persons, remove the seeds and boil twenty minutes in salted water containing a dash of vinegar. Drain, stand them upright and fill with minced chicken or veal prepared with seasoned stock as for jellied chicken. Set on the ice to harden, placing a spray of curled parsley in the top of each for a garnish; or the caps may be boiled separately and replaced if preferred.

Peppers Stuffed with Cheese

TAKE green peppers, seed, and boil ten minutes in water in which has been put a pinch of soda. Fill with grated cheese, dip in batter, and fry in hot lard.

Sauce for Stuffed Peppers

PUT into a double boiler a tablespoonful of vinegar, a bit of bay leaf, and a slice of onion. When hot, add one-fourth cupful of butter, three tablespoonfuls of water, and the beaten yolks of four eggs with one-fourth teaspoonful of salt; stir constantly while the mixture thickens, then strain over the peppers.

Mushroom Patties

WIPE each mushroom in one pound, remove stems, scrape, and cut in pieces. Peel the caps and break them in pieces.

Melt one-half cupful of butter in a saucepan, add mushrooms, cook two minutes, sprinkle with salt, pepper, and a few drops of onion juice. Add one cup of chicken stock and simmer until mushrooms are tender, then add them to the following brown sauce and serve in puff paste patty shells. Melt four tablespoonfuls of butter in a saucepan; let it brown richly; then add five and one-half tablespoonfuls of flour and continue browning. Simmer the sliced stems of the mushrooms in two and one-half cupfuls of brown stock until stock is reduced to two cups, strain and add stock slowly to browned butter and flour, stirring constantly until sauce is smooth. Season with one-half teaspoonful salt, one-eighth teaspoonful pepper, one-half tablespoonful lemon juice, and two tablespoonfuls of sherry wine. Add mushrooms, heat thoroughly, and fill the patty shells with mixture. Serve on a lace paper doily and garnish with sprays of parsley.

Steamed Mushrooms

For six covers. One pound of fresh mushrooms, medium size preferred, one rounding tablespoonful of butter, one cup of cream, six slices of toasted bread, one lemon, sprays of parsley, salt, pepper and paprika, also a grating of nutmeg. Wash, peel, and stem the mushrooms. Cut the bread to just fit the mould and toast on one side only, place in the well-buttered mould, lay the mushrooms all about the toast, sprinkle well with the seasoning, place a dice of butter, spray of parsley, and slice of lemon on the top, moisten with the cream, place the cover on and put them to steam, either in a very moderate oven, or, better, in the warming closet of the range. They require about thirty minutes to steam, and must be served while very hot.

Spinach with Mushrooms

Wash sufficient spinach and boil in salted water for a few minutes, drain it, then pound in a mortar and rub through a sieve. Put in an earthen pot with a good sized piece of butter

and few drops of lemon juice. Allow it to boil for a short time, then empty into a dish and when cold add the yolks of two or three well-beaten eggs. Place all in well-buttered mould, leaving a well in the centre of the dish; cook slowly one hour. When cooked pour on a platter, filling the well with small mushrooms, cut up into small pieces.

Plain Spinach

WHEN salted water is boiling furiously, put in thoroughly washed spinach and let it boil up once uncovered. Remove to a cooler fire for ten minutes, then let it boil hard for five minutes, take from fire, drain well, chop fine in a chopping-bowl and add cream, butter, and peppers. Beat with a fork. Send to the table garnished with rings of hard-boiled eggs.

Spinach in Moulds

TAKE six tablespoonfuls of cooked spinach, press through a fine sieve, add four beaten egg yolks, and one pint of milk. Beat all, season with salt and pepper, stir over fire until it is thickened. When cold put in very small moulds. Turn out carefully. Serve with a dressing of one tablespoonful of olive oil, six tablespoonfuls of lemon juice, with a dash of paprika.

Peppered Chard

BOIL, drain, and chop the chard in the usual way, seasoning with salt and butter or olive oil. Chop fine one mild green or red pepper and simmer it for ten minutes in one cup of vinegar. Mix lightly with the hot chard. If any is left it is good cold, as a salad. This combination of fresh pepper with vinegar is worth remembering in preparing other dishes of greens.

Brussels Sprouts

ONE quart fresh Brussels sprouts, one quart boiling water, one teaspoonful salt, one tablespoonful butter, one-half cupful drawn butter, and one tablespoonful lemon juice. Place the sprouts in a saucepan, add the boiling water, one tablespoon-

ful butter, and the salt. Cook until tender. Drain very dry. Mix the drawn butter with the lemon juice and pour over the drained sprouts. Add one pinch nutmeg and shake over the fire until the sprouts are coated with the butter. Remove from the fire and serve.

Fried Brussels Sprouts

Boil and drain them; then roll them in a mixture of flour, egg, and crumbs and fry them a delicate brown in hot fat. Pile in a pyramid on the dish and serve with or without tomato sauce.

Stuffed Egg Plant

Cook egg plant fifteen minutes in boiling salted water to cover. Cut a slice from top and with a spoon remove pulp, taking care not to work too closely to skin. Chop pulp and place under a weight to press out acrid juice; then add one cupful of soft stale bread crumbs; melt two tablespoonfuls of butter in a saucepan, add one tablespoonful of finely chopped onion, and cook five minutes; add to the chopped pulp and bread, season with salt and pepper; if necessary moisten with a little stock or water; cook five minutes, cool slightly, and add one beaten egg; refill the egg plant, cover with buttered crumbs, and bake in a hot oven twenty-five minutes.

Fried Egg Plant

Cut in slices one-fourth inch thick, and soak over night in cold, salted water. Drain and freshen by soaking in clear water one-half hour, then dip in batter, or egg and crumbs, and fry.

Broiled Egg Plant

Slice it in the usual way and let stand for an hour in cold salt water. Then drain and dry and put it in a bath of oil and vinegar for twenty minutes. Drain again, sprinkle with salt and pepper and cook on a wire broiler over the coals. Serve at once.

Escalloped Peas with Cheese

HEAT a can of peas. Make a milk gravy of one pint of milk, season with salt, butter, and pepper. Butter the bottom of the baking-dish and put in it a layer of gravy, then a layer of peas, and sprinkle with cracker crumbs. Repeat, and on the top put a thick layer of diced cheese and fried bacon, also diced.

Peas à la France

CUT in small pieces a slice or two of fat bacon; put in the pan and fry gently; when hot and sizzling, slice in a small onion. When the onion is brown and tender and the bacon crisp turn in about a pint of young cooked peas or a small can drained of the liquid; add a little salt, pepper, and a bit of butter. Two or three teaspoonfuls of cream may be added; cook a few minutes until all is thoroughly hot.

Squash

YOUNG tender summer squash is delicious fried. Cut it into small pieces, roll it in flour that has been seasoned with salt and pepper, and fry slowly in drippings or butter.

Baked Winter Squash

SCRUB it clean then cut a slice fron one end so that it may stand securely. Then put it in the oven and bake until tender, but not soft. It will take about half an hour. Cool until it can be easily handled. Cut off the top and scoop out the inside, leaving but the shell. Cut the squash pulp into small pieces and mix with a rich cream sauce; then return to the shell in layers and sprinkle each layer with dry Edam cheese and bits of butter. Cover the top with bread crumbs and mixed cheese and butter. Brown in the oven just before serving.

Hungarian Carrots

ONE quart prepared carrots, one quart water, one teaspoonful salt, one-half cupful vinegar, three-fourths cupful

sugar, and one tablespoonful butter. Scrape the carrots and cut them in sections one and a half inches long. Slice them lengthwise in slices one-fourth of an inch in thickness. Then cut these slices into strips of an equal thickness. Place the prepared carrots in a saucepan and add the water and salt. Boil until tender. Drain. Add the sugar, vinegar, and butter, and cook until transparent. Then serve.

Stuffed Onions

TAKE six large onions over which has been poured boiling water to remove skins. In the centre of each make a hole about the size of a quarter. Boil six eggs ten minutes; take out yolks and mash fine, then cream into them one heaping teaspoonful of butter, add celery salt, pepper, and a little table salt to taste, roll out one or two crackers and mix lightly with the egg. Stuff the onions with this till you have used all the egg mixture, then place in a shallow pan with six tablespoonfuls water and bake till done; do not burn or scorch. Cut and spread thinly with butter six slices of white or brown bread and lay on a platter. Make a nice thick milk gravy, using about one tablespoonful of flour to a pint of milk; when onions are done remove carefully from pan on which they were baked and place them, one on each slice of buttered bread, and put over them the hot milk gravy. Serve while hot. Cold mashed potatoes, either white or sweet, can be used for filling.

Baked Onions

PARBOIL six large onions, slice off the tops and remove the centres and chop fine with bread crumbs and bits of cold meats. Add one egg, salt, pepper, and tomato juice. Fill onion shells and cover with bread crumbs dotted with bits of butter and grated cheese, and bake.

Creamed Onions

COOK one quart of uniform sized, silver skinned onions in boiling salted water. When quite tender drain and turn into

a baking-dish; cover with a cream sauce, sprinkle the top with fine buttered cracker crumbs, and finish cooking; brown crumbs delicately. Melt four tablespoonfuls butter in a saucepan. When melted and bubbling add three tablespoonfuls flour, one-half teaspoonful salt, and one-fourth teaspoonful pepper. Stir to a smooth paste and add slowly one cup each hot milk and thin cream, stirring constantly. Beat until smooth and glossy. Pour over boiled onions.

Hot Corn on Toast

TAKE the corn from six ears, or a can of corn, add a pint of milk and salt to season, a little pepper and one chopped onion. Let it stew very slowly for an hour, then thicken with flour and serve on strips of toast.

Green Corn Pudding

FOUR well-beaten eggs, one quart of new milk, one quart of cut or grated green corn, a teaspoonful of salt and a tablespoonful of butter. Stir the ingredients well together, pour into a pudding-dish, and bake for half an hour.

Succotash

CUT the corn from eight ears and mix with one pint of Lima beans; cover with water and boil for about an hour; drain off and add one teacupful of milk, and when this is heated put in one tablespoonful of butter, with salt and pepper to taste. Simmer the whole gently for about ten minutes.

Corn Puffs

MIX two cups of corn pulp with one cup of flour. Add a teaspoonful of salt, one of baking powder, and a dash of pepper. Beat yolks of three eggs, add half a cup of milk. Beat whites of eggs to a stiff froth and add last. Butter a large baking-pan, drop the mixture on by spoonfuls, and bake in hot oven. Eat hot, with plenty of butter.

Green Corn in Bread

HUSK the corn and boil it for ten muinutes. Cool it a little. Draw a sharp knife down each row of kernels, thus cutting every kernel in two. Press the corn from the cobs with the back of a knife. When all the corn is ready, put it in a saucepan and to each pint add half a teaspoonful of salt, half a teaspoonful of sugar, one-fourth of a teaspoonful of pepper, one tablespoonful of butter, and three-fourths of a cupful of milk or cream. Simmer for ten minutes; serve very hot.

Corn Oysters

MAKE a batter from two eggs, one cupful sweet milk, two cupfuls of flour, one teaspoonful of salt. Take one dozen ears of sweet corn, cut the kernels lengthwise and scrape, add this to the batter, and fry in fat pork. This makes an excellent breakfast dish.

Broiled Tomatoes

CUT eight large, firm tomatoes in halves, but do not peel them. Place on a broiler, dust with salt and pepper, broil over a clear but moderate fire, skin side down, till tender — about twenty minutes. When done, place on a heated plate, put a little melted butter on each slice, and serve hot.

Stuffed Tomatoes and Rice

SELECT firm ripe tomatoes of even size, cut a slice from the top and scoop out the centre. Boil two tablespoonfuls of rice in one quart of boiling water for ten minutes, then pour off the water. Melt two tablespoonfuls of butter in a small pan, add one small onion chopped fine, remove the seeds from one green pepper and chop it fine, add this to the onion and butter, fry slowly for five minutes, then add the scooped-out part of the tomato; season with salt and pepper and add the rice. Fill the tomatoes with this mixture. Place them with the open top down on the pan, brush over the melted butter; bake twenty-five minutes.

Baked Tomatoes

SELECT large ripe tomatoes, cut them in halves and place them in a baking-tin with the cut side up. Season with salt, pepper, and sugar, cover with cracker crumbs, place a small wedge of salt pork or a bit of butter on each half tomato, and bake for fifteen or twenty minutes. Serve hot.

Tomatoes Stuffed with Succotash

WASH, wipe, and remove a thin slice from the stem end of six uniform sized tomatoes, scoop out the inside, sprinkle with salt, invert, let stand one-half hour. Mix the pulp with one cup of succotash; stuff tomatoes and arrange them in a granite dripping-pan, well buttered; sprinkle the top of each with buttered cracker crumbs. Bake in a hot oven twenty minutes, or until tender. Baste with melted butter.

Tomatoes Stuffed with Peas

TAKE medium sized tomatoes. Remove the centres, but leave the skins on. Fill each with fresh cooked or canned peas; season with butter, salt, and pepper. Cover with bread crumbs and bake twenty minutes in a hot oven.

Tomatoes with White Sauce

TAKE medium sized ripe tomatoes, peel and stuff with a finely minced mixture of nuts, chives, and celery moistened with French dressing. Pour over a rich, hot white sauce in which two eggs are shirred, just before serving. Season it with a few drops of onion juice. Put one tomato on a toast square.

Stewed Tomatoes

A DAINTY dish may be made of stewed tomatoes, which are often so unappetizingly served, by adding just a suspicion of dried bread crumbs to the seasoning, letting them simmer slowly twenty to thirty minutes and then whipping them with a potato masher until they are smooth.

Panned Tomatoes

CUT the tomatoes into halves, place them in a baking-pan skin side down, sprinkle lightly with salt and pepper, and put in the centre of each a tiny bit of butter. Bake slowly until soft. Dish, and add to the liquor in the pan one pint of milk. Moisten two level tablespoonfuls of flour with a little cold milk; add it to the pan and stir constantly until boiling. Add a teaspoonful of salt, a dash of pepper, and pour it over the tomatoes. Garnish with squares of toast and serve.

Fried Tomatoes

SELECT firm specimens. Green tomatoes may be used in this way. Slice one-half inch thick and fry quickly on both sides, on a very hot griddle in bacon fat or butter. These are delicious on toast, served for breakfast on a hot summer morning.

Fried Parsnips

WASH them carefully and scrape. Boil until tender. Cut into lengthwise strips. Dip these into molasses, drain well, drop into hot butter, and fry brown on each side.

Lentils

WASH and soak for seven or eight hours in cold water. Pour this off, cover with boiling water, and cook very slowly until tender, about an hour. Drain, season with salt, pepper, and plenty of butter, and serve hot. Less than half a teacup makes plenty for a family of two. When cold and served on lettuce with a French dressing, they make an excellent salad.

Baked Beets

SCRUB the beets and bake until quite tender when pierced with a fork. They will require much longer cooking than when boiled, and will be found to have quite a different flavor. Pare, slice, and cover with a mixture of melted butter and vinegar,

well seasoned with salt and pepper. Let the beets simmer a few moments in this dressing before serving them.

Georgia Beet Greens

SCRAPE the roots and wash in several waters; then let them stand in cold water an hour. Boil a small piece of salt pork two hours; then put the beet greens into the kettle with it and boil one hour longer.

Creamed Beets

BOIL, peel, and slice young beets, pour over cream, seasoned with salt and cayenne, simmer two minutes, thicken with one egg yolk. This is delicious to serve with roast beef.

Stuffed Okra

WASH two dozen okra pods, cut a piece from the pointed end and slit up far enough to remove the seeds. To three slightly beaten egg yolks add two tablespoonfuls of finely minced cooked ham, the seeds that were removed from the pods, and fine bread crumbs enough to thicken, seasoning with salt and pepper. Fill each pod with this mixture and tie with a piece of thread. Put into a baking-pan and sprinkle with a layer of bread crumbs, a layer of grated cheese, a tablespoonful of butter, and a cupful of either veal or chicken gravy. Bake for half an hour covered; then remove the cover and finish cooking.

Cucumbers Cooked and Uncooked

CUCUMBERS are largely water, containing, of course, the mineral salts found in all succulent vegetables. If served uncooked, pare, cut into thin slices, and soak in cold water. As soon as they become crisp and tender cover with a French dressing. Do not add salt to the water in which they are soaked. Large, full-grown cucumbers cooked daintily may be digested with ease by the most delicate stomach. Cut them into halves, then into quarters, then into eights; put

them in a baking-pan, cover with boiling water; add a teaspoonful of salt, and simmer gently for twenty minutes. Lift them carefully with a strainer, arrange neatly on slices of toasted bread, and pour over them a sauce made as for asparagus, using for the sauce the water in which the cucumbers were boiled.

Fried Cucumbers

PEEL the cucumbers and cut them in slices lengthwise about half an inch thick. Leave in salted water an hour, drain, and wipe dry. Dip in beaten egg, salted, and very fine crumbs, and fry like egg plant. Put in the hot oven on butcher's paper as soon as tender, to drain. Cucumber may also be stewed and mashed, and seasoned the same way as summer squash.

Luncheon Cucumbers

PEEL them and cut into cubes two inches in size. From these are scooped the centres, leaving substantial walls. Soak these pieces in boiling salted water until they are just tender (not a second longer), then drain on a cloth and chill them. Fill the little shells with flaked cold boiled salmon; spread with thick mayonnaise; sprinkle finely chopped parsley over the top. Arrange the cucumbers on a bed of watercress in the platter.

Stuffed Cucumbers

PEEL the cucumbers, cut in lengthwise halves. Scoop out the seeds and pulp. Mix one cup of minced turkey or chicken, canned will do, with some deviled ham, canned, one tablespoonful of minced parsley, three tablespoonfuls of cream, onion juice, salt and pepper. Mix and stuff the cucumbers, place in a baking-pan, cook for thirty minutes.

Escalloped Turnips

PARE, slice, and boil until tender in salted water. Drain and put in a baking-dish. Cover with cream sauce, dust with buttered crumbs, and brown in quick oven.

Creamed Cabbage

SELECT a head of cabbage, cut it into halves, then eights. Fill a large kettle half full of water; when it reaches the boiling point add a teaspoonful of salt to each quart of water, and when it boils again, for now it will boil at a different temperature, put the cabbage into the kettle. Watch carefully until the water again boils, then push it to the back of the stove where it can simmer slowly for thirty minutes, when the cabbage will be white and perfectly tender; lift and drain it carefully, and arrange neatly on a platter. Put a tablespoonful of butter and one of flour in a saucepan; stir together until cooked; add a half-pint of milk; stir until boiling; add a half-teaspoonful of salt, a dash of pepper, and pour over the cabbage.

Red Cabbage with Apples

TAKE a head of cabbage, about two pounds, cut it fine, wash and let drain. Then have a saucepan with one and one-half tablespoonfuls of hot lard, drop in the cabbage, and let it stew for three-quarters of an hour, adding a little water and salt. Then pare about four large apples, cut them in fourths, and put them on the cabbage, and boil until apples are done, when you stir, add about one and one-half tablespoonfuls vinegar, and a little sugar. This will make a nice dish to serve with any pot roast.

Creamed Celery

CUT into pieces two inches long, ten nice large stalks of celery. Cook in boiling water until tender. Drain off the water and pour over the celery a sauce made of two tablespoonfuls of butter, one and a half tablespoonfuls flour, and a pint of milk. Salt and pepper to taste.

Stuffed Celery

ALLOW three stalks of celery to each person. Select tender, crisp stalks, with a deep groove on the under or heart

side. Wash thoroughly and wipe dry with a clean piece of cheese-cloth. Then take one Neufchatel cheese and mash fine. Add to this four tablespoonfuls of thick cream and two tablespoonfuls mayonnaise and beat up lightly with a fork. Fill the groove in the celery with the prepared filling and round it up nicely. Set on ice until needed.

Kidney Bean Stew

ONE can of kidney beans, two cups of water, one chopped onion, two cups tomatoes, one teaspoonful salt, three-quarters cup sliced celery, three potatoes, bit of parsley, four tablespoonfuls butter. Add the cold water to the beans, then add onion, tomatoes, celery, and salt and let simmer from one and a half to two hours. About half an hour before serving add potatoes, cut in one-inch cubes. When potatoes are tender, butter and serve.

Braised Butter Beans

FOUR ounces of butter beans, one ounce of butter, one dessertspoonful of tarragon vinegar, a little milk, a dash of tomato sauce, pepper and salt. Soak the butter beans over night, boil next morning in milk until beans are quite tender, using only enough milk for the beans to absorb. When tender set aside to cool. Melt one ounce of butter in a frying-pan, add the tomato sauce and the tarragon vinegar. When the pan is quite hot put the butter beans in and stir lightly with a fork to keep them from burning. When the beans are a light golden brown turn the contents of the pan neatly on a dish, and serve.

Baked Beans and Cauliflower

ONE cauliflower, one pint of haricot beans or butter beans, one pint of white sauce, grated cheese. Soak the beans over night; boil until perfectly tender in salted water enough to cover. Let the water boil away toward the end of the cooking. Put the cauliflower in a very little boiling salted water and cook gently twenty minutes. Break into small

sprigs. Mix the beans and cauliflower gently together so as not to mash them; turn into a buttered, shallow baking-dish, pour over them a pint of well-made white sauce, add the grated cheese over the top, and put into the oven to brown. Make the white sauce by the usual rule, adding a teaspoonful of tarragon vinegar at the last.

String Beans

STRING, snap, and wash two quarts beans, boil in plenty of water about fifteen minutes, drain off and put on again in about two quarts boiling water; boil an hour and add salt and pepper just before taking up, stirring in one and a half tablespoonfuls of butter rubbed into two tablespoonfuls of flour and half a pint of sweet cream. Or boil a piece of salt pork one hour, then add beans and boil an hour.

String Bean Left-Overs

STRING beans left from yesterday may reappear in this way. Put in a skillet with a tablespoonful of butter, add slices of bacon cut in little strips, sprinkle with red pepper, and fry till bacon is crisp.

Boston Baked Beans

SOAK small white beans over night in fresh water. In the morning put them in a kettle with a second water sufficient to cover and parboil until the skins present a shrivelled appearance. Pour off the water, add the salt to the beans, mixing them up, and transfer to a bean pot; place in the middle of the beans a piece of fat salt pork scored on top. Mix in a cup a teaspoonful of molasses, a half-teaspoonful of baking soda, and a teaspoonful of dry mustard and pour over the beans. The above quantities are for a quart of beans. Fill the pot with warm water, put on the lid, and bake in a slow oven all day, keeping watch that the water does not dry out until the beans are thoroughly cooked. Place in an oven that is not too hot about half an hour in advance of the meal for which they are desired without adding any more water. They should

when served be moist and hot. Only earthen vessels should be used in which to boil and bake the beans.

Sauces for Meats and Vegetables

Roast Beef	Tomato catsup.
Roast Beef	Grated horseradish
Roast Veal	Tomato sauce
Roast Mutton	Stewed gooseberries
Roast Lamb	Mint sauce
Roast Pork	Apple sauce
Roast Turkey	Cranberry or celery
Roast Turkey	Plum or grape sauce
Roast Duck	Currant jelly
Roast Chicken	Currant jelly
Boiled Turkey	Oyster sauce
Broiled Steak	Mushrooms — fried onions.
Pigeon Pie	Mushroom sauce
Roast Goose	Apple sauce
Fried Salmon	Egg sauce
Broiled Mackeral	Stewed gooseberries
Boiled or Baked Fish	White cream sauce
Boiled or Baked Fish	Drawn butter sauce
Boiled Tongue	Olives stuffed with red peppers
Corned Beef	Mustard dressing

Bearnaise Sauce for Beefsteak

Cook in a double boiler till the eggs begin to thicken, three egg yolks slightly beaten, one tablespoonful of water, one teaspoonful of butter. Season with salt, cayenne, add one tablespoonful of vinegar, one tablespoonful of minced parsley, also two tablespoonfuls of tomato catsup, if liked, with a few shrimps which have been fried in butter. Spread over the steak.

Caper Sauce for Boiled Mutton

2 tablespoonfuls of hot butter.
3 tablespoonfuls of flour.
¼ teaspoonful of Chili pepper.
¼ teaspoonful of salt.
½ teaspoonful of onion juice.
Dash of cayenne.

Cook this and add slowly one and a half cups of boiling

water, four tablespoonfuls of capers, and one tablespoonful of caper vinegar.

Cherry Sauce for Lamb

Two cupfuls cherry juice, two cupfuls water, three whole cloves, two tablespoonfuls butter, two tablespoonfuls flour, one-third cupful whole cherries drained, juice one lemon, few grains salt. Cook cherries in water with cloves until soft, rub through a *purée* strainer, place the pulp and juice on back of range where it will keep warm, melt butter in saucepan, add flour and salt, stir to a smooth paste. Add cherry juice and pulp, stirring constantly until smooth; cook five minutes; add lemon juice and whole cherries. Serve with spring lamb.

Tomato Sauce

½ can tomatoes.
1 teaspoonful sugar.
⅛ teaspoonful soda.
6 peppercorns.
Small piece bay leaf.
1 slice onion.
¾ teaspoonful salt.
4 tablespoonfuls butter.
4 tablespoonfuls flour.
1 cup brown stock.

Cook tomatoes, sugar, soda, peppercorns, bay leaf, onion, and salt, twenty minutes; run through *purée* strainer; add stock. Brown butter in a saucepan, add flour, and continue browning; add hot liquid gradually, stirring constantly.

Sauce Tartare for Fried Scallops or Fish

Beat the yolk of an egg; add a generous quarter-teaspoonful of salt and a dash of paprika; beat again, then gradually beat in a tablespoonful of cider vinegar, then with an egg beater beat in one cup of olive oil, a teaspoonful, and after a time a tablespoonful at a time. Finish with two tablespoonfuls each of finely chopped pickles, olives, capers, and parsley.

Polenta

Two cupfuls boiling water, one cupful yellow corn flour, two cupfuls cold water, one teaspoonful salt, five tablespoonfuls grated cheese, two tablespoonfuls butter. Mix the flour with cold water and stir slowly into boiling water, add salt, stirring constantly until mixture begins to boil, then occasionally; cook slowly over a slow fire for one hour. When half cooked add butter and cheese. Serve hot with mushroom sauce (recipe follows). This mixture may be turned into a shallow pan previously wet with cold water, chilled. Then cut in squares, dip in flour, egg, and crumbs, and fry in deep fat.

Brown Sauce

Into a saucepan, and on a hot fire, place two tablespoonfuls of butter and two of flour. Cook briskly for five minutes longer if it does not look brown. Add one cupful of water and keep stirring until thick; season to taste.

Mushroom Sauce

This sauce is considered best made with a brown sauce for a foundation. Prepare the brown sauce as directed in the previous recipe, and, just as the sauce begins to thicken, add one-third of a can of button mushrooms cut in halves or if large buttons, cut them in quarters. Cook long enough to heat through and do not add more than two tablespoonfuls of the mushroom liquor.

Chantilly Apple Sauce with Horseradish

Pare, core, and cut in quarters five medium sized greenings. Cook with little water; they should be quite dry. Rub through a fine *purée* strainer. To the pulp add two tablespoonfuls fine granulated sugar and five tablespoonfuls of grated horseradish. Then fold in an equal quantity whipped cream. Serve at once with roast goose, duck, or goslings.

Ravigote Sauce

COVER with boiling water one tablespoonful each of chives, chervil, and parsley and four of watercress and let them simmer for one moment, then drain, chop fine, and squeeze the juice through a cheese-cloth. Add this to a mayonnaise dressing, seasoned with tarragon vinegar and a very little mustard.

Vinaigrette Sauce

MIX well two tablespoonfuls of olive oil, two tablespoonfuls of lemon juice or vinegar, salt, paprika, one tablespoonful of finely mixed parsley, and two finely chopped olives.

Butter Maitre d'Hotel

PUT two tablespoonfuls of butter in a bowl with two teaspoonfuls of parsley chopped very fine, and add the juice of one lemon. Mix well together and put in a cool place.

Mint Sauce

ONE cupful of fresh chopped mint, one-quarter cupful of brown sugar, one-half cupful of lemon juice. Mix and let stand an hour before serving. Heat until just warm.

Bechamel Sauce

1½ cupfuls chicken stock.
1 slice each carrot and onion.
1 sprig each thyme, marjoram, and parsley.
A bit of bay leaf.
½ teaspoonful peppercorns
4 tablespoonfuls butter.
4 tablespoonfuls flour.
1 cup hot cream.
Salt, pepper, nutmeg.
Yolks two eggs.

PROCESS: Cook first nine ingredients together until stock is reduced to one cup; strain and keep stock hot. Melt butter in a saucepan, add flour, and stir to a smooth paste. Let cook

one minute, then add stock gradually, beating constantly, cream and seasoning to taste. Beat until smooth and glossy. Remove from range and add egg yolks slightly beaten. Do not allow sauce to cook after adding the eggs. Keep hot over hot water.

Sauce Hollandaise

COOK quite slowly two tablespoonfuls of butter with one and one-half tablespoonfuls of flour, add one and one-half cupfuls of hot water and four tablespoonfuls of fairly strong vinegar that has been cooked until reduced to half that amount; now add a little salt, a grating of nutmeg, and a little cayenne pepper or paprika. When ready to serve add two egg yolks slightly beaten.

Tartar Sauce

ONE cup thick mayonnaise, one-half teaspoonful onion juice, one tablespoonful chopped parsley, one tablespoonful chopped capers, one tablespoonful chopped olives, one-half teaspoonful tarragon vinegar. Have the mayonnaise very thick and cold. Add the other ingredients one at a time and set on ice until ready to serve.

Apple Sauce

APPLES intended for sauce should be pared, cored, and put into cold water until they are placed over the fire, to keep them from discoloration. Pour a very little water over them in the saucepan, and allow them to cook very gently. They should be tightly covered and frequently looked at to see if they need more water. When the apples are quite soft, stir and mash them; add a little butter, pass them through a colander. If the sauce is to be used with meat, sweeten moderately before setting away to cool, otherwise a liberal use of sugar is more agreeable. A generous sprinkling of cinnamon or a dash of nutmeg, according to taste, may be added. Another method of making apple sauce is the following: Make a syrup and when it is thoroughly boiled dropped the peeled and quartered apples in it. They should boil until soft and then be well

mashed. This makes a richer sauce than when the apples and sugar are boiled together, or when the latter is added after the fruit is taken from the fire.

Cranberry Sauce

ONE pound of berries, one scant pint of cold water, one-half pound of granulated sugar. Boil water and berries together ten minutes, add sugar and boil five minutes longer. If desired strained, take one and a half pounds of berries, one pint of water, three-fourths of a pound of sugar. Boil berries and water together for ten or twelve minutes, strain through a colander and add sugar. Always cook in a porcelain receptacle.

Egg Sauce for Fish

CUT two hard-boiled eggs in rings. Carefully remove the yolks. Mash them well with a little mustard, pepper, salt, one tablespoonful of oil or butter, and one of vinegar. Put the mixture in spots over baked fish, and over each spot lay a white ring of egg. A very pretty garnish.

Egg Sauce with Fowl

ONE pint of fresh cream or milk thickened with one tablespoonful of flour. Season with salt, pepper, and a tablespoonful of butter — two make it better. Slice in five or six hard-boiled eggs, and serve hot with roast chicken or turkey.

Tomato Sauce

¼ cup butter.
6 tablespoonfuls flour.
1 slice each carrot and onion.
1 small clove of garlic.
Bit of bay leaf.
1 sprig parsley.
½ dozen cloves.
1 teaspoonful salt.
⅛ teaspoonful pepper.
Few grains cayenne.
1½ cupfuls each brown stock and thick tomato pulp.

BROWN butter in a saucepan, add flour, and continue

browning, stirring constantly. Add seasoning and vegetables, stock and tomato pulp; stir until well blended and let simmer twenty minutes. Strain and serve.

Brown Mushroom Sauce

4 tablespoonfuls butter.
5½ tablespoonfuls flour.
2 cupfuls brown stock.
¾ teaspoonful salt.
⅛ teaspoonful pepper.
½ tablespoonful lemon juice.
2 tablespoonfuls sherry wine.
1 can small button mushrooms.

MELT butter in a saucepan and brown richly, add flour and continue browning until of the desired color. Add highly seasoned brown stock, and beat with an egg whip until smooth and glossy. Add seasonings, lemon juice, and wine. Heat mushrooms in their own liquor, drain, and add them to sauce, sliced if the large size. The mushrooms, lemon juice, and wine may be omitted and one tablespoonful Worcestershire added. This is the basis of many other sauces.

VIII.—SALADS AND SALAD ACCESSORIES

IN the making of salads, as in the making of books, there is no end. Every one should appreciate the healthfulness of a good salad, and it should always be served at dinner either in individual dishes or by the hostess from a salad bowl.

From an early date, lettuce, cress, and all greens have been given a prominent place in the dinner menu. Even Sidney Smith recognized the value of salads as is proven by the following lines:

"O green and glorious! O herbaceous treat!
'T would tempt the dying anchorite to eat!"

It is an art to make a good salad dressing, and is an accomplishment required of the strictly up-to-date youth as well as of the young woman who will some day, no doubt, preside at her own table.

Always garnish salads attractively. Cherries, candied violets, radishes, parsley, water-cress, olives, hard-boiled eggs are all used.

A pinch of baking soda added to the vinegar in boiled salad dressing banishes forever the danger of curdling.

The liberal use of olive oil on green salads is better than medicine. The taste for olive oil should be acquired by all children.

To cook vegetables for salads, cut as desired in cubes or balls with a vegetable cutter. Place over the fire in boiling water; after cooking three or four minutes, drain, rinse in cold water, and replace over the fire in boiling salted water just enough to cover. When tender, drain and use when needed.

Green vegetables should be served fresh, crisp, and cold.

Meat and fish should be very cold, and all ingredients for salad should not be combined till just ready to serve.

Lettuce should be dried on a napkin and kept on ice before using.

Cucumbers are sliced very thin and soaked in ice water before being combined in a salad.

Serve the rich salads at luncheon, the lighter ones with the simpler dressing, at dinner.

Never let olive oil freeze, as it spoils it for salad dressing.

In making a mayonnaise salad dressing the eggs should be very cold and very fresh. The dish and the oil should also be chilled in advance.

There is an old adage in regard to French dressing which every salad maker should take to heart. It is to the effect that it takes a stingy man for the vinegar, a spendthrift for the oil, a wise man for the salt and pepper, and a crazy man to stir the salad.

Mayonnaise Dressing

YOLK of one egg, one pint of best olive oil, mustard, salt, cayenne pepper, a bit of sugar, all to suit the taste of the one who is making it. Chill a large dinner plate, put on it the seasonings, then the yolk of egg. Use a silver fork and stir from left to right three or four times, then begin to drop the oil from the bottle, stirring all the time; keep the same motion. When it gets too thick thin with a few drops of vinegar or lemon juice, then continue with the oil until the pint is consumed. It will be creamy and thick and drop in big lumps from the fork. Keep in a glass jar in the ice-box and thin with sweet cream when ready to use. This will keep a week or more.

Quick Salad Dressing

THIS is for vegetable salads and is excellent. Have all the ingredients very cold. Take one tablespoonful of hard butter, cream it, add one tablespoonful each of mustard, sugar, salt, and dash of paprika, rub very smooth. Add slowly, three tablespoonfuls of olive oil, three small tablespoonfuls of vinegar, and one whole egg beaten well.

Cooked Salad Dressing

YOLKS of two eggs beaten light, one-half teaspoonful of salt and sugar, one-fourth teaspoonful of mustard and paprika, two tablespoonfuls of lemon juice. Put in a double boiler and stir constantly while the mixture thickens; remove and stand on the table while the white of egg is beaten stiff, then turn into the mixture and replace over the fire while the two are mixed together. Then beat in two tablespoonfuls of butter, and set away to get thoroughly chilled. When ready to serve, beat in a half-cupful of whipped cream.

Olive Oil Dressing

BEAT the yolks of two eggs, one teaspoonful of lemon juice, one pinch of salt. Add oil from the bottle every two minutes, drop by drop, and when thick set away on ice. This may be thinned with whipped cream. Paprika is added if desired.

Favorite French Dressing

PUT a half-teaspoonful of salt, a quarter of a teaspoonful of white pepper into a salad bowl; add very slowly six tablespoonfuls of olive oil. Rub until the salt is dissolved, then add one tablespoonful of vinegar or lemon juice. Beat well and it is ready for use at once.

Economical Cream Dressing

HALF-PINT of cream heated in a porcelain pan; a tablespoonful of cornstarch moistened with cold milk; add to the hot cream and cook a moment, then stir in the well-beaten yolks of two eggs. Take from the fire; add a saltspoonful of salt, dash of pepper, one tablespoonful of lemon juice.

Salad Dressing with White of Eggs

BEAT yolks of two eggs with a half-teaspoonful each of salt and dry mustard. When smooth add four tablespoonfuls of melted butter very gradually, and heat; then, just as gradually,

add four tablespoonfuls of vinegar and two of water. Put in boiler and stir constantly until thick. Remove from fire and pour while hot over the whipped whites of two eggs. Just before serving, add one cupful of whipped cream.

Cheese Salad Dressing

A CHEESE salad dressing requires two tablespoonfuls of soft grated cheese, which should be pounded until perfectly smooth. Season with a teaspoonful of salt and a little cayenne. Add a tablespoonful of vinegar, and rub perfectly smooth. Then add enough olive oil to moisten.

Dressing for a Vegetable Salad

CHOP half a small onion, twice as much parsley as onion, and half a can of pimentos, exceedingly fine. To these, in a fruit jar, add one teaspoonful of salt, half a teaspoonful of powdered sugar, four tablespoonfuls of vinegar, and one cupful of olive oil, and let stand one hour. Shake about five minutes, when the dressing is ready to use. Shake a moment each time thereafter before using. This dressing may be made in quantity, as it will keep a long time. Two or three tablespoonfuls of vinegar, rather than the quantity given, would be preferable for some tastes.

Parisian Dressing

THE Parisian dressing is made by mixing one-half cupful of olive oil, five tablespoonfuls of vinegar, one-half a teaspoonful of powdered sugar, one tablespoonful of finely chopped Bermuda onions, two tablespoonfuls of finely chopped parsley, one teaspoonful of salt, four red and eight green peppers. Cover and let stand for one hour. Then stir vigorously for five minutes. The red and green peppers are the small ones found in the pepper sauce, which may be bought at any first-class grocer's.

Fruit Salad Dressing

YOLKS eight eggs beaten light, one-quarter pint cream, one cup sugar, one tablespoonful flour, one tablespoonful butter, juice and rind of four lemons, three-quarters pint hot water. Cook until thickened. Add one-half pint of cream just before serving.

Salad Accessories

BISCUITS and cheese are always acceptable additions to salads. Take water-biscuits and spread them with cream cheese, sprinkle a little cayenne pepper on each, with grated Parmesan on the top. Bake a delicate brown. These may be served hot or cold.

Almond Cheese

MOISTEN a square of cream cheese, add a little rich cream, and beat with a fork until smooth. Mix with it one-half cupful of chopped blanched almonds, add lightly one cupful whipped cream. Serve cold with a scant teaspoonful currant jam on each portion with salad course.

Cheese Balls for Lettuce or Cress Salads

MAKE small white balls of cream cheese, add a little salt and cayenne, with enough olive oil to make them roll easily, then dip in grated American cheese.

Almond Cheese Pots

MOISTEN one cream cheese with two tablespoonfuls of cream, add one cupful of finely minced almonds, salt, and paprika. Form into small pats with a mould that is used for making butter pats. Serve two on the salad plate if individual plates are used, or place them around the salad bowl.

Chicken Salad

ONE cooked chicken cut fine, one cupful of chopped almonds, chopped celery same amount as chicken, ten olives

cut fine. Mix and pour over one tablespoonful of oil and juice of half a lemon. Let stand two hours, then mix with mayonnaise dressing and season to taste with cayenne.

Sunday Night Salad

MIX one and one-half cupfuls of cold cooked chicken cut in cubes, one cucumber pared and cut in cubes, one cupful of chopped English walnut meats, one-half cupful of French peas, and cupful of celery cut in small pieces thoroughly chilled in ice water. Moisten with mayonnaise dressing and garnish with strips of canned red pepper arranged ribbon fashion and celery tips.

Corned Beef Salad

TENDER corned beef only should be used. Cut into thin strips a pound of brisket corned-beef or use canned corned beef. Put it into a salad bowl with a few leaves of chicory, lettuce, cress, or celery stalks, half a pound of boiled Irish potatoes, and a small quantity of either carrot, turnip, or beet, seasoned with a heaping teaspoonful of horseradish; mask with mayonnaise.

Savory Salad

TO ONE pint of seasoned chicken or veal stock add one tablespoonful of acidulated (phosphated) gelatin; bring to a boil, skim, and strain through cheesecloth into a ring mould. Set away to harden. Prepare one pint of rather finely cut celery, one tart apple, half a dozen small pickled onions, sliced and shredded. Cover with a French dressing. When ready to serve turn the mould of a jelly on a circular platter. Pile the drained salad ingredients inside the ring and pour over the whole one cupful of mayonnaise dressing to which two spoonfuls of whipped cream have been added.

Ham Salad

DICE sufficient cold boiled ham to measure one pint. Shave firm white cabbage to make the same quantity. Chop

fine two small cucumber pickles and two pickled button onions. On the salad platter arrange a bed of the cabbage, put the ham in the centre, sprinkle with the chopped pickle and onion. Pour over a French dressing in which one-half of a teaspoonful of French mustard has been added, and garnish with halved olives.

Cream Chicken Salad

CUT into dice sufficient cold chicken to measure one pint. Heat one cupful of strong chicken stock; season highly with salt and white pepper, add two tablespoonfuls of tarragon vinegar and one-quarter of a box of gelatin soaked in a little cold stock. Strain and set aside until beginning to thicken, then beat slowly until frothy all through and fairly stiff. Stir in one cupful of thick cream whipped to a solid froth and the prepared chicken and turn into wetted fancy mould. When cold, serve on a bed of blanched lettuce leaves and garnish with mayonnaise mixed with an equal quantity of stiffly whipped cream. This may be varied by moulding the cream mixture in a ring or border mould, mixing the chicken with French dressing or mayonnaise and heaping in the centre.

Chicken Mayonnaise, in Cucumber Jelly Ring

CUT cold boiled fowl in cubes, marinate with a French dressing, and let stand one hour; then add one-half the quantity of celery, washed, scraped, and cut in small pieces, and one-fourth the quantity of English walnut meats browned in the oven in a bit of butter sprinkled with salt and broken in small pieces. Mix ingredients, moisten with mayonnaise dressing, and pile in the centre of a ring of cucumber jelly.

Harvard Salad

CUT two pieces from each lemon used, leaving what remains in the shape of a basket with a handle, then remove the pulp, and keep the baskets on ice, or cold water until ready to fill. Mix equal parts of cold cooked sweetbread or chicken and

cucumber cut in small cubes, one-fourth the quantity of finely chopped celery, and moisten with dressing. Fill the baskets with the mixture, smooth the top of the baskets and cover with dressing. Pare red radishes as thinly as possible, and chop the parings very fine. Chop parsley fine, sprinkle the top of half the baskets with radish parings, and the other half with the chopped parsley.

Sweetbread Salad

PARBOIL sweetbreads and cut in one-half inch cubes. Add an equal quantity of celery, finely cut. Moisten with mayonnaise dressing, and arrange on a bed of shredded lettuce.

Roast Beef Salad

THE most popular cold meat salad in French restaurants is made of roast beef cut in slices. It must of course be very well done. It is served with mayonnaise made with tarragon vinegar, with sliced potatoes, and string beans, also cold. Sometimes a slice of tomato is added.

Timberlake Salad

PREPARE tomato cups by neatly scooping out the insides of even sized tomatoes. Keep on ice two hours before using. Take one cup of boiled rice, one-half cup of walnut and pecan nuts, one cup of American cream cheese cut in very small bits, mix all together with mayonnaise. On the top place a whole nut meat. This is perfectly delicious and no one ever discovers what it is and is astonished when told. Especially nice for a luncheon salad or for Sunday night suppers.

Sweet Pea Salad

TWO cans of peas cooked in salted water and chilled, one-half their bulk in pecan nut meats, three tablespoonfuls of oil and same of vinegar, or, preferably, lemon juice, dash of red and white pepper. Serve on lettuce and garnish with curly parsley and sweet peas.

String Bean Salad in Crown of Eggs

CUT four hard-cooked eggs in lengthwise quarters. Soften a teaspoonful of shredded gelatin in cold water and dissolve with as little hot water as possible. Dip the ends of the egg quarters in gelatin and press upon a chilled plate, one after another, to form a crown. Drain a can of tiny string beans, put them over the fire in cold water, and bring quickly to the boiling point. Drain and dry on a cloth and cut in pieces. Mix thoroughly with French dressing and turn into the crown of eggs. Set heart leaves of lettuce inside the row of eggs and sprinkle the whole with chopped chives.

Vegetable Salad

ONE-HALF package of gelatin, one-half cup of cold water, juice of two lemons, one-fourth cupful of vinegar, one-half cupful of sugar, one teaspoonful of salt, one cupful of celery cut in small pieces, one cupful of shredded cabbage, one cupful of blanched almonds cut twice, three sweet red peppers cut fine. Soak gelatin in cold water two minutes and add vinegar, lemon juice, boiling water, sugar, and salt. When beginning to set, add remaining ingredients. Turn into a mould and chill. Serve on a lettuce leaf with mayonnaise dressing, or cut in dice and serve in cases made of red and green peppers. Fine served with cold sliced veal or chicken.

Virginia Salad

CHOOSE a large head of curly lettuce, open and press apart, remove with a sharp knife the inner leaves. Wash and let it serve as a case or mould from which to serve chopped cabbage, mixed with a cooked dressing, made as follows:

Mix until smooth one tablespoonful of butter, one teaspoonful of flour, fifteen drops onion juice, one-half cupful hot vinegar. Beat with wooden spoon, cook ten minutes. Pour over one egg beaten with one-half teaspoonful each salt, sugar, mustard and a pinch of cayenne. Cook three minutes and

cool. Thin at time of serving with a cupful of thick sour cream.

Hot Slaw

CHOP half an ordinary cabbage fine and sprinkle lightly with flour. Melt one tablespoonful of butter, put the cabbage into it, and place in the oven. Mix one tablespoonful of mustard, one teaspoonful of sugar, one tablespoonful of olive oil or melted butter, one beaten egg, and three-fourths cupful of cream. Heat thoroughly; pour over the slaw, after sprinkling it with salt and pepper; put into a hot dish and serve.

Tomato Salad

SELECT small, firm tomatoes. Place on a lettuce leaf, after having cut a slice from the top and scooped out the inside. Fill with salad dressing, plain, or fill with chopped cucumbers and put a tablespoonful of dressing on top. Serve with this a wafer which has been buttered, peppered, and crisped in the oven.

Tomato Jelly Salad

No. 1

STEW three pints of tomatoes. Season highly with salt and pepper, adding a grain of cayenne and a tiny bay leaf. Have soaking a half-box of gelatin. Strain the tomatoes, return to fire, and add beaten white of one egg to clear it. Stir one minute, add gelatin, strain through flannel into tiny moulds. When chilled, turn out of mould and serve on shredded lettuce with a bit of mild cream salad dressing on top.

Tomato Jelly Salad

No. 2

ONE-QUARTER box of gelatin, one pint of seasoned strained tomatoes, mould in after-dinner cups or wine glasses, turn out on crisp head-lettuce leaves. Serve with a spoonful of mayonnaise dressing.

Tomato and Hickory Nut Salad

DISSOLVE a box of acidulated gelatin in cold water enough to cover it, using the pink powder enclosed in the gelatin. Rub the tomatoes through a sieve, add salt and a pinch of red pepper and the dissolved gelatin; after heating thoroughly and cooling add chopped hickory nuts and small pieces of celery. Set to cool in a mould. Stir occasionally until it begins to set. When ready to serve cover with the following dressing:

One teaspoonful of salt, one teaspoonful of sugar, one teaspoonful of mustard, and three tablespoonfuls of vinegar. Stir in three eggs, one at a time; mix thoroughly. Cook in a double boiler. When cool, mix in a pint of stiffly whipped cream, pour over the moulded tomato, and scatter chopped nuts over it. When serving have a dish filled with crisp, curly lettuce leaves beside your salad, put a leaf on the plate, and then a spoon of salad.

Colonial Salad

TOMATOES, lettuce, celery, cooked chicken, salad dressing, salt. Select one perfect, firm, ripe tomato for each person. Peel and remove a thin slice from the flower end. Scoop out all the pulp and remove the seeds. Sprinkle the tomatoes on the inner side with salt, and let stand on ice two hours. Chop the pulp and to each cup allow one cup cold chicken cut in cubes and one cup of celery cut in small pieces. Mix with salad dressing. Drain the tomatoes and wipe dry. Then fill them with the salad mixture and top off with salad dressing mixed with a little whipped cream. Serve very cold on a crisp lettuce leaf.

Delectable Potato Salad

ONE and one-half cupfuls cold potatoes, which have been boiled in clear stock, cut in dice; two and one-half cupfuls good white celery, shredded into small Julienne strips

(keep in water acidulated with lemon juice and dry thoroughly on a cloth before using), a few pickled nasturtium seeds, and one can of truffles. (There are usually five in a can.) Select the best ones to cut in thin, oblong strips, and the rest shave into small, transparent slices. Boil two eggs hard, cut the whites into twelve equal strips each, pointed at both ends; put the yolks through a fine strainer. Chop fine two tablespoonfuls of parsley, wash and thoroughly dry five very small, crisp lettuce hearts. Mix potatoes, celery, nasturtium seeds, odd-shaped pieces of truffles, and the parsley with a generous supply of highly seasoned French dressing, and add the yolks carefully. Rub a salad dish with a cut onion. Arrange the salad in a mound; imbed one of the lettuce hearts in the top and radiate from it the white egg slices, alternating with the long truffle strips. A circle of fresh nasturtiums may be put around the bowl just before serving.

Potato Salad

Boil in their jackets four medium sized potatoes. While they are boiling make a French dressing and slice into it one good sized onion; as soon as the potatoes are done, drain, salt, and dry them. Remove the skins and cut the potatoes while hot into the dressing; toss them carefully until every piece is well covered. Put the mixture on a cold dish and stand aside until serving hour. Then garnish the dish thickly with parsley; sprinkle over the dish a tablespoonful of finely chopped parsley or celery tops; a small pickled beet may be chopped fine and placed diagonally across the dish. Sardines or pickled herring may also be used as a garnish and to give variety. A teaspoonful of anchovy paste may also be stirred with the dressing.

Lettuce and Nut Salad

Sprinkle small head lettuce with shredded celery and very finely chopped nuts. Pour over a French dressing, place white grapes on top, seeded and cut in halves.

Beet Salad

Cook a quart of small young beets till tender. Skin and cut into small dice. Pour vinegar over them and dust lightly with salt and pepper. When ready to serve drain the liquid off and shake as dry as possible. Pour over them a tumbler of mayonnaise, toss lightly with a fork, and set for fifteen minutes on ice.

Cucumber Salad

No. 1

Peel the cucumbers, cut them in thin slices without cutting the slices off, thus giving the appearance of a whole cucumber. Insert in each opening thin slices of radishes with the peel on, sliced to the exact size of the cucumber. The combination of colors will be found effective. Chill thoroughly and serve with French dressing.

Cucumber Salad

No. 2

Cut cucumbers lengthwise, scoop out the centres, leaving them about half an inch thick. Put these boats into ice water. Reject most of the seeds from the remainder of the cucumbers, mix with water cress, celery dice, chopped chives, and a few capers, a little of the hard part of tomatoes chopped also, if you wish. Add a white mayonnaise to this and fill the boats, which must be wiped dry; put one on each plate and sprinkle with minced parsley. The acid in white mayonnaise is lemon juice; the dressing has whipped cream added, making it very delicate.

Lettuce Salad with Cheese

The lettuce is prepared with French dressing, and cream cheese, rolled into small balls as butter is rolled and sprinkled with a mere suggestion of paprika, is scattered through the the salad leaves. Toasted crackers are served with it. The dish is pretty and the result most satisfactory.

Celery and Nut Salad

TAKE equal quantities of celery cut very fine, and pecan nuts. Serve on lettuce using an oil mayonnaise dressing.

Lettuce, Egg, and Radish Salad

ARRANGE three hard-boiled eggs, cut in slices, upon a bed of lettuce. Dispose about these radishes cut in slices, with here and there a radish cut to resemble a flower. Mix half a teaspoonful of salt, a dash of paprika, and six tablespoonfuls of oil; then stir in gradually three tablespoonfuls of lemon juice or vinegar. Pour over the salad, toss together, and serve.

Easter Salad

CUT potatoes into long, narrow strips, as for straws, boil in salted water until barely done, drain, and while still warm sprinkle with a little oil, lemon, and onion juice; let stand until cold. Arrange these straws in little nest shapes on crisp lettuce leaves; make little balls of cream cheese, roll them in grated yellow cheese, and lay them in the nests. Serve with mayonnaise for the potatoes.

Oriental Salad

CUT up six tomatoes in small pieces without removing skins. Sprinkle with a teaspoonful of salt. Cut up also two green peppers in very small pieces, removing, first of all, the seeds. Chop very fine one medium sized onion and one bunch of parsley. Mix ingredients together, with a heaping saltspoonful of salt and stand on ice until chilled, at least half an hour. Serve without pouring off juice. The recipe for this delicious and refreshing summer salad was given by an Armenian friend.

Quick Salad

LITTLE green onions, diced, finely shredded cabbage, sliced cucumbers, and lettuce hearts, with French dressing.

String Bean Salad

DRAIN the water from two cans of string beans, wash thoroughly in several cold waters, and put then in a colander to drain. When perfectly dry, put on ice until needed. Take four pimentos, cut in small pieces, and mix thoroughly with the beans. Serve with French dressing.

Tomato Jelly with Cucumbers

TAKE one pound and a half of ripe tomatoes, stew till soft enough to go through a sieve (except the seeds and skins). Add to this *purée* a slice of onion, one clove, one teaspoonful of vinegar, and a pinch of salt. Heat this and add half an ounce of gelatin which has been previously soaked in cold water, and stir till the gelatin is dissolved. Pour into a ring mould and set on ice to harden. When ready to serve take it from the mould, by dipping in hot water for an instant. Place on a large dish on lettuce leaves, fill the centre with cubes of cucumber and pour over them a mayonnaise or French dressing. If preferred the tomato jelly may be cut up in cubes the same as the cucumber, and both mixed together and spread on the lettuce.

Tomato and String Bean Salad

SLICE ripe tomatoes, make a circle round the salad plate, and in the centre put string beans. Sprinkle the tomatoes with a bit of Parmesan cheese, and serve with either French dressing or mayonnaise.

String Bean Vinaigrette

TAKE one can or pint of green string beans, making sure they are young and tender. Boil in salted water. While hot lay in oil and vinegar. Drain. Do not use lettuce, but place on sprigs of parsley. On top sprinkle grated yolks of eggs.

Water Cress Salad

SELECT fresh, crisp, well cleaned cress. Cut fine. Mix with following dressing, mix very slowly one-half teaspoonful each of salt and dry mustard, one teaspoonful sugar with beaten yolks of two eggs. Then very gradually pour on this, beating constantly, four tablespoonfuls soft or melted butter. Then as gradually add six tablespoonfuls vinegar. Stir smooth and cook in double boiler until thick. Then pour over whipped whites of two eggs. When cold add one small cup of whipped cream. With this salad should be served a cheese ball, for which this is the recipe: grate one cup of cheese and put into it the whipped white of one egg. Make into small balls and plunge into smoking fat. Very delicious.

Narragansett Salad

TAKE equal parts of hickory nuts, walnuts, and almonds, blanching the latter, and throwing the walnut meats for ten minutes in water in which onions are boiling. Add tiny bits of celery and pour over a good cream salad dressing. Put a bit of sweet whipped cream on top and garnish with round slices cut from a long radish. Do not peel, as the dainty pink rim adds much to the appearance.

German Salad

HAVE six eggs boiled very hard; when cold slice them. Take one large head of cabbage and one large boiled beet. Cut up the cabbage very fine, as for slaw; season it with pepper and salt. Place this on a flat dish, piled quite high, and arrange around it alternate slices of beet and egg. Whip to a thick froth one pint of cream and pour over the whole. For the American taste a good French dressing might be preferred to the cream.

Potato Salad Balls

ADD to the left-over mashed potatoes two or three tablespoonfuls of vinegar, the same of oil, two teaspoonfuls of

grated onion, or less according to taste. Make into little balls by using butter-ball paddles. If desired, parsley may be chopped and added. These are dainty to serve with a croquette or patty. Or they may be placed on a leaf of lettuce as a salad course with a spoonful of boiled dressing.

Zulieme Salad

RUB a large platter with a cut onion, pile crisp, tender lettuce in the centre, and at intervals around it place little mounds of prepared vegetables, one each of wax beans, small potato balls, young, sliced carrots, cauliflower flowerets, chives, and thick slices of tomato; the last being raw, of course. Use a French dressing for this and do not include the tomato slices in the turning over process, but add to the small plates when the salad is served.

Yellow Egg-shaped Tomato Salad

SCALD, peel, and place on ice one quart of small yellow tomatoes. Serve on lettuce, garnish with cucumber slices. Use mayonnaise or French dressing.

Sweet Potato Salad

THREE large potatoes, boiled, cut in squares, two tender stalks of celery, cut in cubes. Pour over this dressing three tablespoonfuls of oil, two of lemon juice or vinegar, salt and pepper. Garnish with peeled olives made into long swirls, and parsley.

Macedoine Salad

THIS salad is composed of a mixture of vegetables which are boiled separately; the large ones are then cut into dice of equal size. The salad is more attractive when the vegetables are cut with fancy cutters or with a small potato-scoop. Peas, string beans, flowerets of cauliflower, beets, celery roots, asparagus points, carrots, and turnips — all, or as many as convenient, may be used. Mix them lightly with French or mayonnaise dressing. Be careful not to break them when

mixing. Arrange lettuce leaves like a cup, and place the macedoine in the centre.

Tomato and Crab Meat Salad

SCOOP out even sized ripe tomatoes, fill with flaked crab meat, mixed with mayonnaise dressing and Chili sauce. Serve on lettuce or water cress. The latter gives the more pungent flavor.

Garcia Salad

CUT celery, apples, and fresh tomatoes in thin strips about two inches long, serve on lettuce leaves with French dressing. A slice of truffle on the top adds both to the appearance and flavor.

Chestnut Salad

REMOVE the shells from one pint of large French chestnuts, scald them and remove the skins, then boil in slightly salted water until tender but unbroken. While hot, pour over them a French dressing, put aside until cold, then serve on lettuce with mayonnaise.

Florida Salad

CUT slices from stem ends of six green peppers and remove seeds. Refill with grape fruit cut into cubes, the tenderest stalks of celery cut in small pieces, and shredded almond meats, allowing twice as much grape fruit as celery, and one-third as many nutmeats as grape fruit cubes. Arrange in nests of endive or lettuce leaves, and serve with emerald mayonnaise. Color mayonnaise dressing with green vegetable coloring.

Cucumber Sauce

CHOP one cucumber fine, season with one-half teaspoonful salt, one-half teaspoonful each of chopped parsley and onion, one tablespoonful of plain or tarragon vinegar, or lemon juice. Mix thoroughly and let drain in a colander one-half hour. When ready to serve add three-fourths cup of cream beaten very stiff.

Salmon Salad in Moulds

Mix two cupfuls of cold boiled salmon, one tablespoonful lemon juice, one teaspoonful of chopped parsley, two drops tabasco sauce, one tablespoonful of granulated gelatin dissolved in a little water, with enough cooked salad dressing to moisten. Fill small moulds, place on ice for two or three hours, turn out on lettuce leaves, and serve with cucumbers sliced and dipped in mayonnaise.

Crab Salad

Add to a mayonnaise dressing crab meat and finely shaved cabbage and garnish with strips of sweet red pepper. Serve it in large green peppers which have been scooped out and the outside skin rubbed until very smooth and shiny.

Oyster Salad

Parboil slightly in their own liquor the desired number of very small oysters. Drain, cool, sprinkle with lemon juice, salt and pepper, and stand, covered, in the ice box for two hours. Add to them half the quantity of celery cut in slender inch strips. Mask with mayonnaise or serve with the simple French dressing. Garnish with olives.

Lobster Salad

Three cups cold boiled lobster, canned will do, one-half cupful diced celery, mix with French dressing and let it stand half an hour. Serve on lettuce garnished with hard-boiled eggs and olives.

Herring Salad

Three parts of dried herrings, pickled fine, to one part of chipped dried beef; mix with an equal bulk of the white crisp part of celery cut in dice, with a small proportion of stoned olives and boiled beet root. Sprinkle with chopped chives and parsley. For a sauce, break and mash the yolks of two

hard-boiled eggs, adding oil and vinegar as in mayonnaise, and season with red pepper.

Shrimp Salad

No. 1

WASH and drain shrimps and mix with half their bulk of cut celery and a few hard-cooked eggs, chopped, also olives or capers, as desired. Mix with mayonnaise dressing reduced with whipped cream, and serve in border of tomato jelly. Garnish with celery tips and sliced olives.

Shrimp Salad

No. 2

FRESH or canned shrimps may be used for this salad. If canned shrimps be used, cover them with cold water, let stand two or three minutes, then drain, and dry on a cloth. Reserve a whole shrimp for each service, and pick the rest into two or three pieces each, discarding the intestinal vein. Mix the pieces of shrimp with mayonnaise, or cooked dressing, place in nests of lettuce. Garnish with the whole shrimps, a few capers, and serve at once. Shrimp salad is delicious when served in scooped out tomatoes.

Fishball Salad with Tomato Jelly

PULL into bits sufficient salt codfish to measure one cupful; wash, pare, and dice sufficient raw potatoes to measure one heaping pint. Put both into a saucepan of boiling water and boil until the potatoes are done; drain well and mash thoroughly. Beat in with them one teaspoonful of butter, one beaten egg, and a nice seasoning of pepper. Mould into balls the size of large marbles, dip each into slightly beaten egg, roll in fine bread crumbs, fry golden brown in smoking hot fat, and drain thoroughly on unglazed paper, then set away until cold. In a saucepan place one-half can of tomatoes, one slice of onion, one small bay leaf, four cloves, one blade

of mace, one-half teaspoonful of salt, one-quarter teaspoonful of paprika, and ten drops of onion juice. Simmer for fifteen minutes, add one-third of a box of gelatin which has been soaked in one-third of a cupful of cold water, stir until dissolved and press through a fine sieve. Add two tablespoonfuls of tarragon vinegar and pour into a wet shallow pan. When firm, turn out carefully and cut into blocks. Marinate the fishballs with a French dressing. Arrange a bed of lettuce in the salad dish, pile on it the fishballs, garnish with the cubes of jelly, and serve with mayonnaise.

Lenten Salad

LINE a salad dish with crisp watercress tips. Then take two Neufchatel cheeses, one-half cupful finely chopped heart celery, one-half teaspoonful salt, one-fourth teaspoonful paprika, and one-half cupful whipped cream. Mix these ingredients thoroughly, then add three tablespoonfuls salad dressing. Divide this mixture into five equal parts and mould into egg shape. Place these on the cress in the dish and cover with a French dressing. Serve very cold.

Cream Cheese Salad

WITH butter paddles make tiny balls of cream cheese, and serve in a nest of lettuce leaves, sprinkled well with French dressing.

Cottage Cheese Salad

ARRANGE the creamed cheese on watercress or torn lettuce. Garnish with split olives and sprigs of parsley. Chopped nuts mixed with the cheese makes a variety.

Neufchatel Cheese Salad

CUT into squares a small cake of Neufchatel cheese. These are laid in cups of crisp lettuce leaves and about a tablespoonful of chopped English walnuts placed on each. If desired this can be further garnished with halved walnuts and seeded

Malaga grapes. Just before serving mayonnaise dressing is added.

How to Serve a Cream Cheese Salad

When serving a cream cheese salad always pass toasted wafers with it. The cheese may be made into small balls, either white or tinted pale green, the coloring procured by chopping a little spinach and lemon juice, and pressing. Arrange in nests of lettuce and mayonnaise and sprinkle the balls with red or black pepper, if you like.

Cheese Croquettes for a Salad Course

One pound of grated cheese, four eggs, pinch of cayenne, salt. Beat the whites of the eggs to a stiff froth, stir it into the cheese with salt and cayenne, mould into balls the size of a walnut, dip into some beaten yolk of egg, and then roll in finely browned bread crumbs. Fry quickly in a deep kettle of boiling lard. Serve warm with lettuce.

Savory Stuffed Eggs in Mayonnaise

Cut twelve hard-boiled eggs into halves lengthwise. Take out the yolks, put them through a potato ricer, and mix them with two tablespoonfuls each of melted butter, anchovy paste, and chopped ham. Add half a teaspoonful of paprika. Press this egg paste into each white and lay them together. When ready to serve, pour over the dish a tumblerful of mayonnaise.

Egg Salad

Remove the whites of hard-boiled eggs very carefully, so as to leave the yolks perfect balls. Arrange a bed of watercress on a dish. Make a nest in the chopped whites and put one whole yolk in the centre of each nest. Pour over this yolk a tablespoonful of salad dressing. Many serve small balls of cottage cheese with this.

Macaroni and Egg Salad

HAVE several quarts of salted water in the kettle and bring to a rapid boil. Gradually lower into it a dozen stalks of macaroni, holding them until they coil instead of breaking. When tender, drain and stand in a bowl of cold water until ready to use, then dry on a cloth. Cut into inch pieces, sprinkle with a French dressing, and let stand for half an hour. Cut three hard-boiled eggs lengthwise into quarters. Wash and dry a head of blanched lettuce or escarole, and arrange it on a platter. Heap the macaroni on it, and arrange the quartered eggs in a circle around the base. Pour over more French dressing and serve.

Fruit Salad

No. 1

A FRUIT salad, crisp and cold from its resting-place on the ice, will refresh a tired palate as nothing else will on a hot day; it may be served at luncheon or be used as the salad course at dinner. Every hostess can have it with very little trouble. I dare say many of you have made orange baskets in which to serve orange jelly, but how many of you have thought of it as a salad-cup? Fill the basket with sliced bananas, and orange and grape fruit pulp cut into dice, moistened with a French dressing. A few Spanish chestnuts or English walnuts — the chestnuts boiled and peeled, the walnuts blanched — may be added to the fruit, and will be found to give a pleasant variety.

Fruit Salad

No. 2

ONE pound English walnuts, one pound of white grapes, seeded and cut in two, one teacupful of celery, diced, two teacupfuls of chopped apples. Dressing: one-fourth cupful of butter, five eggs, one cupful vinegar, two tablespoonfuls of

sugar, one-half teaspoonful salt, little pepper. Cook, and add one-half cupful of whipped cream before serving.

Fruit Salad
(No. 3)

To make this salad, remove the pulp from three blood oranges and tear it in small pieces with a fork, discarding all the tough membrane. Pulp and seed white grapes to the amount of a cupful. Mix the orange and grape pulp together, draining off the superfluous juice. Blanch and shred half a pound of almonds, mix with the fruit pulp, and pour over all a dressing made by beating one egg to a froth, adding one-half cupful of strained honey and three tablespoonfuls of maraschino. Beat very thoroughly before turning it over the salad.

Cherry Salad

Select large red or white California cherries, remove the stones, replace each with a hazel nut, lay on white hearts of head lettuce, cover with mayonnaise dressing and a fluff of whipped cream.

Cherry Salad

Stone half a pound of cherries and save all the juice. Take the whitest leaves of a nice head of lettuce, washing them thoroughly. Slice a small cucumber and chop fine a dozen blanched almonds. Mix all gently together, arrange on the lettuce leaves, and pour over a dressing made of a gill of cherry juice, two tablespoonfuls of lemon juice, a drop or two of almond extract, and four tablespoonfuls of sugar. Serve very cold.

Fruit Salad with Ginger

On crisp lettuce leaves or a bed of cress, place sliced bananas, small orange slices, and candied cherries. The oranges and cherries are dipped in ginger syrup for a second before serving, and mayonnaise dressing is served over all.

Manhattan Salad

Mix one measure of apple, pared, cut in cubes, one-fourth the quantity of sliced celery, in diced chicken breast, with a generous allowance of mayonnaise. Serve on lettuce hearts. This is a particularly good salad to serve at luncheon.

Apple, Celery, and Almond Salad

Use Jonathan or snow apples; pare, quarter, and slice each quarter crosswise. Sprinkle with lemon juice to prevent discoloring. Cut the hearts of celery in one-half inch pieces. Blanch and shred the almonds. Use equal parts of apple and celery and one-fourth the quantity of nut meats. Toss all together and arrange on a large cut glass or fancy platter, surrounded with a border of heart lettuce leaves. A slight sprinkle of finely chopped red sweet pepper will greatly enhance the appearance of the dish.

Tea-Room Salad

Two pints of celery cut in half-inch pieces, splitting each piece lengthwise; one pint of tart apples cut in small cubes; sprinkle a pinch of cayenne pepper; dissolve one tablespoonful of sugar in two tablespoonfuls of lemon juice, one teaspoonful of chopped parsley. Add this to the apple and celery. Toss up with mayonnaise dressing. Add one small tablespoonful of Parmesan cheese, serve on lettuce leaves.

Grape Fruit Salad

Halve fruit, remove pulp. Chill, and heap it on small salad plate. Garnish with blanched almonds. Pour over it a spoonful of mayonnaise dressing. Serve with small round wafers.

Date Salad

Wash thoroughly half a pound of dates. Remove the stones and stuff with cream cheese. Place on lettuce leaves, serve very cold with mayonnaise dressing.

Russian Salad

THIS is made with apples, pears, and peaches. It is very good served at the end of dinner with crackers and cream cheese. Peel the apples and pears and cut them into dice, covering with lemon juice as you progress, to keep them from being discolored. Slice some ripe peaches and chill in ice water. Toss all together just before serving. Dress with oil and lemon juice and sprinkle the top with finely chopped mint.

Emergency Fruit Salad

USE large, canned peaches. Place one-half peach on a bed of lettuce leaves and serve with the following mixture: take equal parts of chopped celery and pineapple, heap on the peach, then lay on this a good tablespoonful of rich mayonnaise dressing, and sprinkle English walnuts chopped fine on top.

Porcupine Salad

WASH and drain small head lettuce on a dessert plate, then use a canned pear, which is placed in the centre; blanch almonds, cut lengthwise, and place them all over (and sticking in the pear), leaving just enough space for the eyes, which are made of currants or candied cherries, sticking them in place. Pour over this a mayonnaise.

Brazilian Salad

REMOVE the skin and seeds from white grapes, and cut in halves lengthwise. Add an equal quantity of shredded fresh pineapple, apples pared, cored, and cut in small pieces, also celery cut in cubes, and one-fourth the quantity of Brazil nuts cut in bits. Mix thoroughly, season with lemon juice, and moisten with mayonnaise dressing. Trim saltines on ends so that when put together they will make squares. Put four crackers on each salad plate and tie in place with a

narrow ribbon to form a small case. Insert in each a nest of lettuce leaves, and then fill with the salad mixture.

Pineapple Salad
(No. 1)

TRY cutting pineapple in cubes, and serving it either alone or with celery, or combining the pineapple with orange. The latter gives an intangible flavor that is quite different from either of the fruits used singly. Cut the pineapple into quarter-inch cubes. Divide the oranges into sections, skin each one carefully and cut it in half. Chill the fruit on ice for half an hour, and serve on hearts of lettuce with mayonnaise mixed through the fruit.

Pineapple Salad
(No. 2)

THIS salad is one made famous by being served in a noted Philadelphia *café*. Take as many firm, ripe tomatoes as there are persons, remove all the seeds and soft inside without injuring the shell. Make a filling of chopped pineapple, being careful that the core is removed, celery, and sweet apple in equal proportions, and a very little of the centre of the tomatoes, and mix with mayonnaise dressing, which has been thoroughly chilled. Fill the centres of the tomatoes and set on ice until wanted. Serve on watercress or garnish with wreath of grape leaves.

Grape Salad

SKIN and seed one pound of Malaga or Tokay grapes, and then fill them with hazel nuts. The carpels of one grape fruit should be mixed with the grapes, and the juice of the grape fruit should be used instead of vinegar or lemon in the mayonnaise. A juicy ripe grape fruit will yield enough for dressing and not injure the flavor of the pulp. Serve on white lettuce.

Melon Salad

CUT the fruit in cubes, being careful to exclude all hard rind. Make a dressing of olive oil in the proportion of three tablespoonfuls of oil to one of vinegar, a little pepper and half a saltspoonful of salt. Mix these well together and pour over the melon. Serve very cold in a salad bowl, or, if you will take the trouble, serve the salad from the shell of the melon from which the soft part of the fruit has been cut. Garnish with lettuce leaves and chives.

Red Apple Salad

SELECT large red apples of uniform size, scoop them out into cups, and put them into cold water in which there is a little lemon juice, until time to fill them. Mix some of the apple with celery, grape fruit carpels, and mayonnaise dressing, and fill the apples. Garnish them with maraschino cherries that have been drained and stuffed with blanched hazel nuts and serve them on separate plates, on leaves of lettuce. Serve with this course, wafers spread with cream cheese mixed until quite red with tomato catsup and criss-crossed with strips of beet or pimento.

Apple Salad

CHOP tart apples not too fine. Take half as many chopped peanuts. Mix, and pour over a small tablespoonful of cream salad dressing. Put a sprig of curly parsley in centre and serve.

Apple and Cress Salad

CUT apples in rather thin slices. Dip each slice in lemon juice and arrange in a bowl, filling with cress, then mixing all together. Make a dressing of oil and lemon juice and a little paprika and pour over the apples and cress.

Orange Salad

FOR six persons, pare four rather acid oranges. Slice them very thin, cutting down the sides instead of across, and sprinkle

sparingly with powdered sugar. Mix one tablespoonful of sherry and one of yellow Chartreuse with one of lemon juice. Pour over fruit. Set on ice an hour before serving. Excellent with game course.

Orange and English Walnut Salad

SLICE four peeled oranges lengthwise, dress with three or four tablespoonfuls of olive oil and one tablespoonful of lemon juice. Arrange slices in a mound upon a layer of lettuce leaves. Dress one cupful of sliced nut meats with one tablespoonful of oil, a dash of salt, and half a tablespoonful of lemon juice, and dispose upon the centre of the mound. Toss together before serving.

Jack O'Lantern Salad

THIS is a novel salad for Hallowe'en dinners. Make a fruit salad of three oranges, three bananas, one-half pound white grapes, one-half pound English walnuts, and a few candied cherries. Pour mayonnaise over all, and serve in orange cups. To make the latter cut small round pieces off the tops of large oranges, scoop out the pulp, cut three small holes in the side of the orange, as you would in making the features of a Jack o' lantern. Put two raisins in for the eyes, and a candied cherry for the mouth. Fill with the fruit salad, put the lids back on, and serve on lettuce leaves.

Strawberry Salad

ARRANGE large ripe strawberries in a glass salad bowl, dust with powdered sugar and a little nutmeg. Pour over a dressing made of two tablespoonfuls of sugar, a gill of sherry, a tablespoonful of maraschino, the juice of one lemon and two oranges; mix the fruit lightly with a fork and set on ice half an hour before serving.

Grape Fruit and White Grape Salad

CUT the grape fruit into small sections free from white pith and seeds, add to it half its quantity of seeded white grapes

cut in halves, dress with a little salt, three tablespoonfuls of oil, and one tablespoonful of lemon juice. Let stand in the dressing for about an hour and serve on lettuce leaves.

Banana Salad

Cut the bananas in halves, then in quarters; roll each piece in salted peanuts. Chop the peanuts fine, then stand the peanut-covered bananas upright and serve on a bed of lettuce with a simple French dressing. Any nuts may be used.

Prune Salad

Mix French prunes, steamed, stoned, and cut in pieces, with shredded nuts, pecans, walnuts, or preferably almonds. Serve on lettuce with a cream mayonnaise, in which a little minced celery is mixed.

IX.—EGGS, CHEESE, MACARONI, SPAGHETTI, AND RICE

THE average housekeeper seems to be exceedingly limited in her methods of preparing eggs; fried or boiled, with an occasional omelet, and the list ends.

Scientific investigation has proved that the yolk of an egg contains a large percentage of fat. Every essential for the support of a man and the growth of a child is found in the egg. The white of an egg is a solution of albumen in water. The greatest food value is obtained when eggs are but very slightly cooked. Poached eggs are very digestible, but fried eggs are not, but even in frying they may be made very tempting and the white not the usual leathery substance, if skill is exercised in the cooking.

In whipping the whites of eggs, it is well to know that a little salt added in will aid and expedite the process.

When there is a scarcity of cream, the white of an egg well whipped is an excellent substitute for the real article.

To the scholar, eggs are an invaluable diet, containing both phosphorus, which is brain food, and sulphur, which performs its special functions in the make-up of the human body.

Eggs are not only food, but medicine as well. The whites are very efficacious in cases of burns. Break an egg, cover the burn with several coatings of the raw white, allowing each one to dry before putting on another. By thus keeping the burn free from the air, it will quickly heal.

A raw egg, beaten and combined with wine or brandy, is of value in case of illness or convalescence, or for those of delicate digestion or bilious temperament.

The raw white of an egg, if swallowed in time, will effectually dislodge a fishbone in the throat.

The stomach will digest a raw egg in from one and a half

to two hours. Soft-boiled and roasted eggs require from two and a half to three hours, while hard-boiled or fried eggs must be allowed from three and a half to four hours for digestion. Eggs furnish a good substitute for meat.

Egg Timbales

EGG timbales make a very effective luncheon dish. Butter the timbale moulds well on the inside and line with finely minced parsley. Drop a fresh raw egg carefully into each mould, and place in a pan containing hot water of a quantity sufficient to reach up to the middle of each mould. Place in a hot oven and when the eggs are firm, which will be in ten or twelve minutes, unmould carefully and serve on hot, crisp, buttered toast. Surround each egg with water and if liked with a thick tomato sauce.

Egg with Cheese Sauce

POACH six eggs in a pint of cream. Remove the eggs carefully and place them on slices of buttered toast. Add a tablespoonful of American cheese to the cream with a pinch of salt and a little cayenne pepper. Allow the cream to simmer until the cheese has dissolved. Then pour it over the eggs and toast and serve immediately.

Cupped Eggs

BUTTER fireproof cups, putting about two tablespoonfuls of cream into each, then onto this carefully break a new-laid egg. Sprinkle a little salt, pepper, and chopped parsley on the top. Place the cups in a pan of water to come half way up the cups, with a piece of buttered paper over the top. Allow them to steam till the eggs are just set, then serve immediately in the cups.

Eggs in Rolls

USE small French rolls, scrape out the inside, leaving a receptacle for the eggs. Brush the rolls inside with melted

butter. Break an egg in each, covering with grated cheese and seasoning; bake in the oven.

Love-Apple Eggs

TAKE ripe, round tomatoes, peel and hollow the stem end. In this cavity drop an egg, dust with salt, pepper, grated cheese, and lumps of butter. Bake till the eggs are set. Sprinkle with minced parsley and serve on a hot platter.

Delicious Easter Breakfast Eggs

MAKE little nests of hot boiled rice; break an egg into each nest; add butter, salt, and pepper; put in hot oven until eggs are set. Garnish with parsley. Serve instantly.

Poached Eggs

POACHED eggs are so dainty and digestible that they should be frequently served. Have the water in the pan boiling and salted. An egg poacher is a great convenience, or muffin rings may be used and an egg dropped into each. This will keep them nicely in shape, as half the art in cooking a poached egg is to keep it perfectly round, without any jagged edges. A valuable hint when there are no rings at hand is to stir the water in the pan round and round in one direction. When going quite swiftly drop the egg and all the white will be drawn round in the swirl and form the egg into a perfect ring. Another idea is to put a very little vinegar into the water, as it has been proven that this assists in keeping the egg nicely in shape.

Shirred Eggs

THESE are served one or two eggs in individual dishes, or lacking these, saucers may be used. Butter the dish well, then sprinkle fine bread crumbs lightly over the bottom. Break an egg carefully into the dish, two eggs if wanted, dust with pepper and salt, cover with bread crumbs. Put the dish or dishes in a pan of hot water, put the pan in the oven, and let

all remain until the eggs are set. Serve immediately in the same dishes, putting a few flecks of butter on each.

Coddled Eggs

An egg should not be boiled; instead, the water should be allowed to boil furiously, then drawn to the side of the range and the egg put in. Cover, and let it remain in the boiling water, but not to boil, for ten minutes, when the white will be cooked, but not hard. This is more digestible than an egg that has been boiled rapidly; and eggs are often coddled on the breakfast table.

Hard-Boiled Eggs

An egg will boil to the "hard" stage in ten or fifteen minutes. A very mealy and inviting yolk will materialize, however, at the end of twenty-five to thirty minutes. In regard to eggs which are boiled "hard," to use cold for salads or garnishing, these must be placed in cold water for ten minutes as soon as taken up from the fire, otherwise the shell will not peel off easily, and the egg will be of a dark shade or discolored.

Egg Cutlets

Make half a pint of good white sauce hot, and season it carefully; stir in the yolks of two eggs until the eggs thicken the sauce, but it must not boil. Strain the sauce into a basin. Add three hard-boiled eggs cut into dice, two teaspoonfuls of chopped parsley, two tablespoonfuls of chopped cooked ham, and if necessary a little more salt and pepper. Mix all well and turn the mixture out on a plate to cool. Shape it into balls the size of a small egg, then flatten these balls into neat little cutlets. Brush each over with beaten egg and cover with fine bread crumbs. Fry them in smoking hot fat, drain, and serve hot.

Eggs with Tomatoes

Cut six smooth, medium sized tomatoes in halves, across, and remove some of the pulp. Bake in a well-buttered pan.

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Eggs with Tomatoes

CUT six smooth, medium sized tomatoes in halves, across, and remove some of the pulp. Bake in a well-buttered pan.

Beat up four eggs, add a tablespoonful of cream or milk, and season with pepper and salt. Put this in a saucepan, pour in the tomato pulp, adding a tablespoonful of butter, and cook until it thickens, stirring all the time so that it will be perfectly smooth. Toast slices of bread, cut round, and when the tomatoes are cooked place one piece carefully on each slice of toast, pour in the hot egg mixture, and stand a little sprig of parsley in the centre.

Breakfast Eggs

HAVE some slices of bread toasted nicely and buttered. Separate the white from the yolk of an egg, add a few grains of salt to the white and whip it till stiff. Pour this over one slice of toast, make a hollow in the centre and put in the yolk. As many eggs as are wanted should be treated in this way. When all are ready put them in the oven for a few minutes; just long enough for the yolks to heat well and the whites to brown slightly. Arrange on a hot platter and garnish with watercress.

Fried Eggs with or without Bacon

FRIED eggs are best when served in the old-fashioned way with ham or bacon. Fry the bacon first and when it is delicately crisped remove the pieces to a hot platter. Break an egg into a saucer, then drop it gently into the hot fat. With a spoon pour some of the hot fat over the egg, and when the white has co gealed remove to the centre of the platter with a pancake turner. The slices of bacon should decorate the outer edge of the platter. When frying eggs without bacon it will keep them light to add a tablespoonful of cold water to the pan, then put a cover on top. They will then keep moist like a poached egg, but have the brown of frying.

New York Eggs

COOK eggs in the shell till almost hard, remove the shell, place on a square of toast, sprinkled with minced chives and

truffles; ham may be used. Cover with a sauce made as follows:

Two tablespoonfuls of butter cooked with one tablespoonful of flour, and one cupful of liquid,—milk, veal or chicken stock. When boiling, this should be removed to the side of the stove and two egg yolks mixed with a few tablespoonfuls of cream added just before serving.

Luncheon Eggs

PLACE hard-cooked eggs, whole, in a baking-dish, pour over them a cream sauce, and grate cheese over the top. The dish should stand in the oven just long enough to melt the cheese, then be served at once.

Devilled Eggs

TWELVE hard-boiled eggs, peel off shells and cut the eggs in halves, cutting off a little piece from one end, to enable them to stand alone; pulverize the yolks, and chop fine some smoked tongue or lean ham; mix together and moisten slightly with a little butter, season with pepper, salt, and mustard, and fill the empty whites with this mixture. Press together and arrange on a dish to look like whole eggs.

Scrambled Eggs

ALLOW an egg for each person, a half-cupful of cream or milk to six eggs, and a tablespoonful of butter. Season to taste. Stir constantly in a buttered pan till done. Serve on buttered toast garnished with parsley.

Egg in Cases

BREAK five eggs and leave the yolks in half of the shell, taking care to keep them unbroken. Beat whites until very stiff and arrange on a buttered platter. Make hollows in the whites and drop a yolk in each nest thus made. Dredge with salt and paprika, put in a bit of butter on each yolk, and bake in a moderate oven till set from five to eight minutes.

Garnish with parsley and serve from dish in which they are cooked.

Eggs With Rice

FOUR ounces of well boiled rice, six eggs, one tablespoonful of lemon juice, half a cupful of brown sauce, one tablespoonful of butter, and a little salt and pepper. Melt the butter in a saucepan, add the boiled rice, mix well and season nicely. Make this rice into a neat bed on a hot dish, leaving a margin of dish all the way round the rice. Poach the eggs very carefully in boiling water to which the lemon juice has been added, and when they are set arrange them on the rice. Pour round the rice the hot sauce and serve very hot.

Eggs à la Crême

½ teaspoonful extract beef.
6 eggs.
1 tablespoonful butter.
½ pint milk.
1 tablespoonful flour.
½ teaspoonful salt.
Pepper to taste.

BOIL the eggs fifteen minutes; remove the shells and cut them in halves crosswise. Slice a little off the bottom to make them stand. Put the butter in a frying-pan to melt, then add the flour. Mix until smooth, add the milk, and stir constantly until it boils. Add the extract of beef, previously dissolved, salt and pepper. Stand the eggs on a heated platter; pour the sauce over and around them. Serve very hot.

Omelets

AN omelet must be a mass of fluffy bubbles made by beating the whites and folding them into the other ingredients. The rule given by a famous cookery school is one egg and one tablespoonful of boiling water for each person to be served. First separate the eggs, putting the yolks in a bowl and the whites on a platter. Beat the yolks till they are thick and

lemon color, season and put in one tablespoonful of water for each egg. Milk may be used, but water makes a more tender omelet. Whip the whites to a stiff froth and add to the yolks. If there is not a regular omelet pan use a skillet, heat, and put in a tablespoonful of butter and when it browns a little, pour in the eggs. Cook slowly and turn with a broad-bladed palette knife. Turn out on a hot platter and send at once to the table.

This plain omelet is capable of much variety. A few spoonfuls of chopped meat may be dropped into the folds before turning. Even left-over peas and asparagus tips may be used with good results.

If a sweet omelet is liked, spread jelly, oranges, or juice in the folds, dust with powdered sugar. Garnish with jelly spots or orange slices.

Cocoa Omelet

SEPARATE five eggs. To the well beaten yolks add three tablespoonfuls of cream, a pinch of salt, three teaspoonfuls of cocoa, and one tablespoonful of sugar. Fold in the beaten whites. Cook two minutes in an omelet pan, then brown in the oven and serve immediately.

Egg Omelet with Cold Meat

THREE eggs beaten separately, a teacupful of bread crumbs softened with milk, a tablespoonful of butter, salt, pepper, and egg yolks. Mix the beaten whites. Pour on a hot greased griddle, sprinkle with any chopped cold meats at hand, fold over the omelet, garnish with parsley, and serve immediately. Sweetbreads chopped are excellent instead of meat.

An Excellent Plain Omelet

SIX eggs beaten separately, one tumbler of new milk, reserving one-fourth, into which stir one tablespoonful of flour until perfectly smooth. When the milk boils stir in the thickening, add salt and pepper, also a tablespoonful of butter;

put aside to cool. Stir in the yolks, adding lastly the well beaten whites. Pour into a hot, well greased skillet, and cook in the oven. It will be very light and puffy.

Rice Omelet

4 eggs.
½ cupful cold cooked rice.
½ teaspoonful salt.
⅛ teaspoonful pepper.
4 tablespoonfuls hot water.
1½ tablespoonfuls butter.
Grated cheese.
Beat the yolks until thick and light, add seasoning and rice.

Beat whites stiff and dry. Add hot water to first mixture, then cut and fold in the whites into yolks. Melt butter in an omelet pan, see that the sides are well buttered; pour in mixture, and spread evenly. Cook on top of range until well puffed. Then place pan in oven on middle grate, and cook until mixture will not cling to finger when lightly pressed. Fold omelet and slip onto a hot serving platter. If you have on hand small pieces of stale cheese they may be grated and sprinkled over omelet.

Codfish Omelet

SHRED cooked salt codfish in fine pieces. To each cupful allow one cupful of milk and one egg. Sprinkle the fish with pepper; add one tablespoonful of butter and one tablespoonful of flour, cooked together as for cream sauce, to each pint of milk used; bake for half an hour.

Baked Omelet

ONE cupful bread crumbs soaked in one cupful of sweet milk. Beat the yolks of three eggs, add the bread and milk, stir well, then add a pinch of salt and the well beaten whites of the eggs. Bake twenty minutes.

Omelet with Minced Chicken and Bacon

BEAT five eggs slightly. Add one-half teaspoonful salt, one-eighth teaspoonful pepper, two tablespoonfuls cold cooked chicken chopped fine, one tablespoonful minced ham or bacon, and five tablespoonfuls milk. Melt one and one-half tablespoonfuls butter in omelet pan, pour in mixture, cook until of a creamy consistency, stirring and scraping from bottom of pan. Then roll to side of pan, shape like an omelet, and turn onto a hot platter. Garnish with parsley, sprinkle with paprika.

My Favorite Omelet

SIX eggs, one tablespoonful of butter, one tablespoonful of flour, one cupful of cold milk, one-half teaspoonful of salt. Put the butter in a granite saucepan, and when it is melted (but not cooked hard), add the flour. Mix well. Now add the cold milk all at once, and stir until smooth. Set aside to cool. Add the salt. Then separate the eggs, beating yolks until very light, and whites until very stiff. Fold first the yolks and then the whites into the sauce very carefully. Then put all into a granite baking-dish and bake in moderate oven fifteen or twenty minutes. Serve immediately in the dish in which it was baked.

Bread Omelet

CRUMBLE a cupful of stale bread crumbs and soak them in half a teacupful of milk. Then beat them quite smooth, and add half a teaspoonful of salt and five beaten eggs. Butter a shallow pudding-dish well, pour in the mixture, and bake in an oven about ten minutes, serving at once in the same dish, as it falls quickly.

Oyster Omelet

BEAT the yolks of three eggs until thick. Add three tablespoonfuls milk and one-fourth teaspoonful salt. Beat the whites of three eggs until dry, and fold into the first mixture.

Turn into a buttered pan and cook until light brown underneath. Put on the oven grate to dry the top. Before folding add one pint oysters, parboiled, drained, and cut in small pieces. Serve with one and one-half cupfuls white sauce made as follows: melt two tablespoonfuls butter, add two tablespoonfuls flour with one-fourth teaspoonful salt, one-half saltspoonful pepper, and gradually one cupful of milk which has been scalded.

Tomato Omelet

SCALD and skin three tomatoes. Melt a small piece of butter in a saucepan, to which add a teaspoonful of chopped onions, another of chopped parsley and a seasoning of pepper and salt; put in the tomatoes and let them remain for two minutes. Turn out this mixture and set it aside until quite cold; then beat up three whole eggs and mix in the cold tomatoes. Place a lump of butter the size of a walnut in the frying-pan; when it dissolves, pour in the mixture. Leave it over the fire, until the edges are firm, and then hold the pan in front of the fire until it rises to the top. It should be served at once. Canned tomatoes may be used for this.

Pimento Omelet

To the beaten yolks of two eggs add two tablespoonfuls of water, three saltspoonfuls of salt, one-fourth saltspoonful of pepper, and two teaspoonfuls of flour. Fold in gently the beaten whites and turn the mixture into warm, buttered frying-pan or chafing-dish. Cook, covered, over a moderate fire. When the bottom is brown spread lightly over the top the following heated sauce; then turn omelet, remove to platter, and pour the remainder of sauce around the edge. To make the sauce: place in a small, round-bottomed pan one tablespoonful of butter; when melted add two teaspoonfuls of flour. Cook one-half minute and then add one cupful of chopped tomatoes, two tablespoonfuls of chopped pimento, one teaspoonful of scraped onion, and one whole clove. Let it boil two minutes.

Egg and Corn Omelet

ONE pint of cold boiled green corn, four eggs, half a cupful of milk, one teaspoonful of salt, a dash of pepper, three tablespoonfuls of butter. Beat the eggs and add to them the salt, pepper, milk, and corn. Fry like a plain omelet.

Cheese Omelet

THIS is a most delicious dish, but its excellence depends to a very large extent upon its being served immediately after being cooked. Break three eggs into a bowl, beat them briskly, add, while beating, a seasoning of salt and pepper, two teaspoonfuls of minced parsley, and three tablespoonfuls of grated cheese. When these various ingredients have become thoroughly incorporated pour the mixture into an omelet pan, in which has been melted some butter, and fry in the usual manner. Serve, neatly folded, on a very hot dish — not overdone, or the omelet will be tough and dry.

Potato Omelet

ONE cupful of sweet milk, three eggs well beaten, a little salt, and a tablespoonful of flour, with one cupful of mashed potatoes. Mix until smooth, turn into a hot frying-pan with plenty of melted butter; turn when brown, frying both sides.

Apple Omelet

SEPARATE four eggs; beat the whites to a very stiff froth; then add the yolks and beat again, adding gradually two tablespoonfuls of powdered sugar. Have ready an omelet pan, in which you have melted a tablespoonful of butter; put in the mixture; when it begins to thicken spread over a layer of apple sauce. Fold, turn out, and serve at once with powdered sugar.

Pineapple Omelet

COOK two level tablespoonfuls of flour and one-fourth a teaspoonful of salt in two tablespoonfuls of butter; add one

cupful of grated pineapple, one-fourth cupful of sugar, and a tablespoonful of lemon juice; let it cook until boiling; remove from the fire and beat into the yolks of five eggs, beat until very light; fold in the whites of five eggs, beaten until dry, and turn into a hot, buttered frying-pan. When the egg on the bottom of the pan is set, put the frying-pan into the oven and let cook until, when tested, no uncooked egg adheres to the spatula or knife. Turn onto a serving-dish, and pour over the rest of the can of pineapple, made hot over the fire, and sweetened with sugar.

The Making of Cheese Dishes

CHEESE was once regarded as particularly indigestible and was avoided by all on the invalid list, but opinions have greatly changed and now cheese is considered one of the most nourishing and economical of food products.

The recipes given here are worth trying, and furnish a valuable addition to the house-mother's daily menu. Combined with toast or biscuit a confirmed dyspeptic can generally eat cream cheese and find it appetizing as well as nutritious.

Cheese can be kept moist and sweet by wrapping in a cloth wet with vinegar, then covering with a dry cloth.

When a recipe calls for grated cheese, put it through a potato ricer; it saves time.

Cheese Toasties

THESE are appetizing to serve with four o'clock tea or Sunday night tea. Cut bread in slices of medium thickness, spread one slice with butter, and another with cream cheese. Place together, and toast on the outside. Serve hot. Ordinary New York cheese may be used sliced thin.

Creamed Riced Cheese

ONE-HALF of a Philadelphia cheese, one-quarter of a pound of Roquefort; season with salt and cayenne and enough cream or sherry to make it soft. Run through a potato ricer onto

a glass dish, surround with raspberry jam or bar-le-duc. Serve with salad or with after-dinner coffee.

Cheese Creams

WHIP up half a pint of double cream and stir into it two heaping tablespoonfuls of grated cheese; add half a cupful of liquid aspic jelly, season with cayenne and a pinch of paprika. Fill up some paper cases with this; when set, sprinkle over with a little finely chopped parsley. Serve very cold.

Cheese Balls for Salad

A DELICIOUS cheese to serve with salad is made by taking ordinary cream or Neufchatel cheese, and working into it with the fingers a large tablespoonful of butter and a quarter of a cupful of cream. When this mixture is soft beat it until it is frothy, and then pat it into a little mould and put it near the ice until ready to serve. Such a cheese can be further enriched by adding chopped hickory nuts soaked in sherry, and about a tablespoonful of mayonnaise. Salt and paprika are an improvement when nuts are used.

How to Make Cottage Cheese

WHEN the milk is well clabbered, set it over a pan of boiling water. Heat it very slowly to separate curd from the whey. Strain through a cloth, and press out all the whey. Stir in a little melted butter, cream, and seasoning, and work it well with a spoon till smooth. Chopped nuts and olives added and the cheese rolled into marbles, makes it a pleasing addition to all but fruit salads.

Cheese Croquettes

PLACE four ounces of coarsely chopped cheese in a mortar with three ounces of sifted bread crumbs, one ounce of grated ham, two ounces of butter, a tablespoonful of finely minced onion, and a good seasoning of cayenne, dry mustard, and salt; pound these ingredients to a smooth paste; add

sufficient beaten egg to thoroughly moisten; then make up into tiny balls about the size of a walnut; flatten these out slightly, and dip in light, rich frying batter, and drop into a saucepan of boiling lard. When colored a delicate brown, drain the croquettes carefully on blotting-paper, and pile them up tastefully in a high mound, on a folded table napkin, on a very hot dish. Serve as soon as possible.

Cheese Toast

TAKE three-quarters of a pound of cheese — no matter how dry, so long as it is good — and cut up small into a saucepan with three ounces of butter, three tablespoonfuls of finely chopped boiled onion, six tablespoonfuls of good cream, a pinch of salt, cayenne, pounded mace, and a tablespoonful of minced parsley. Simmer and stir over the fire until the cheese is entirely dissolved; then pour the mixture over some tiny, heart-shaped slices of hot, buttered toast which have been placed in readiness on a hot dish, and serve immediately.

Escalloped Cheese

COVER bottom of a buttered baking-dish with pieces of buttered toast. Over this spread a cupful of grated cream cheese. Beat two eggs light; then add a cup of milk and pour over the cheese. Bake about one-half hour or until it sets.

Cheese Balls

BEAT up the whites of two eggs to a stiff froth, add a pinch of salt and a few grains of cayenne pepper, then add two tablespoonfuls of grated cheese, mixing all thoroughly. It should be quite a dry paste. Roll this mixture into small balls; brush over with beaten egg, roll in fine bread crumbs, and fry to a golden color in boiling hot lard. Drain on paper and serve at once.

Cheese Straws

CHEESE straws are particularly nice, and look very dainty. To make them, have three ounces of grated cheese, two ounces

of flour, two tablespoonfuls of butter, the yolk of one egg, and a seasoning of salt and pepper. Rub all the dry ingredients together, then add the yolk and mix to a paste; turn out on a floured baking-board, roll out very thinly; cut part of the paste into neat strips about three inches long, and the rest into rings. Bake on a greased tin, until yellow and crisp, in a moderate oven, and serve piled high, the straws being laid in the rings. They may be eaten hot or cold.

Cheese Sticks

CUT whole wheat or graham bread into slices one-half inch thick, remove crusts and cut into strips the long way of the slice. Grate two ounces cheese; add a dash of paprika and beat into two ounces butter, creamed. Spread this mixture on the bread strips and set in oven to melt the cheese.

Cheese Fingers

TAKE some fine, richly flavored cheese; cut it in pieces about three inches long and one inch wide; season very lightly with salt and pepper, dip in salad oil, and leave to soak for half an hour; then dip each piece, or finger, into a rich batter, and drop it in boiling lard; fry until a golden brown has been acquired, thend rain carefully, sprinkle with finely grated cheese, and serve on a folded napkin, garnished with sprigs of parsley. Serve hot.

Cheese Crackers

BUTTER the crackers, and sprinkle with grated cheese; put into the oven until a light brown. These are delicious with salad.

Pounded Cheese

THIS is an excellent way to use small pieces of hard cheese. It will keep for several weeks and is fine to spread on sandwiches and toast fingers for the unexpected guest. Put the pieces, say half a pound, into a mortar with a teaspoonful of

made mustard, an equal quantity of fine white sugar, and a good seasoning of either cayenne, curry powder, or anchovy essence. Pound the whole to a smooth paste, moisten with butter, slightly melted, and then press the mixture into small jars. Cover with a thin layer of paraffin, tie a thick paper over top, and store in a cool place till required.

Cheese Soufflé

ONE cupful of grated cheese, one cupful of hot milk or cream, one tablespoonful of soft butter, three beaten egg yolks, one-half cupful of bread crumbs, salt, cayenne pepper seasoning. Cook all for three minutes, fold in the stiffly beaten whites, put in individual baking-dishes, and bake in a moderate oven for fifteen minutes.

Parmesan Crackers

TAKE two tablespoonfuls of Parmesan cheese, mix well with mustard and a dash of cayenne. This spreads twelve crackers. Brown in the oven.

Cheese and Eggs for Ramakins

TAKE two tablespoonfuls of flour and two of butter, and cook together in a double boiler until the mixture bubbles. Add a cupful of milk or cream and stir until it thickens. Then add five cents' worth of finely sliced American cheese and season with a dash of paprika. This will be enough for five persons. Put three tablespoonfuls of this mixture in ramakins, then break an egg in each, being careful not to disturb the yolk, season with more paprika, and pour what is left of the cheese mixture over the top of the egg. Place the ramakins in a pan of water and bake about twenty minutes in a moderate oven or until the egg is well set. Do not let the cream sauce cook long after the cheese is in or the mixture will become stringy. Serve with fingers of hot buttered toast.

Combination Macaroni

TAKE one-half box of macaroni, boil until tender, set aside to cool; also stew one can tomatoes half-hour and set aside to cool. Butter baking-dish, and place in it a layer of macaroni, pepper, salt, and liberal amount of butter; then a layer of cheese, a layer of cracker crumbs, a layer of tomatoes, and so on until dish is filled. Bake in moderate oven one hour.

Baked Macaroni

TAKE an equal quantity of chicken and ham, and mince them fine. Take half the quantity of boiled macaroni, add it to the meat with two eggs, a tablespoonful of butter, cayenne pepper and salt to taste, put in a basin, cover with milk, and bake in a slow oven.

Macaroni au Gratin

BREAK one-fourth of a pound of macaroni into inch pieces, cook in boiling salted water twenty or thirty minutes, drain in a colander, and let cold water run through it. Melt two level tablespoonfuls of butter, add two level tablespoonfuls flour; stir until smooth, and add one and one-half cupfuls sweet milk. When it boils season with salt and pepper. Add macaroni and half-cupful grated cheese. Pour in a baking-dish, and cover with butter crumbs. Bake in a moderate oven until the crumbs are a golden brown.

Luncheon Macaroni

FRY a piece of bacon until almost crisp, and into this put an equal proportion of boiled macaroni and canned tomatoes; season with chopped onion, red pepper, and salt. Fry until brown, and then turn and fry the other side. Serve on toasted bread sprinkled with grated cheese.

Macaroni with Cheese

PLACE macaroni in a saucepan with a seasoning of salt, and sufficient boiling milk or water to cover it; boil gently

until quite tender, but not broken; then drain, and put a layer of it at the bottom of a buttered pie dish; over that sprinkle some finely sifted bread crumbs, which have been seasoned with salt and pepper, then a thick layer of grated cheese, and a few tiny bits of butter; repeat in this manner until the dish is sufficiently full, letting bread crumbs form the top layer. Pour over a little warmed butter, and brown in the oven. Serve hot.

Macaroni with Tomatoes

FOUR ounces of vermicelli or small macaroni, two ounces of Parmesan cheese, three whole fresh tomatoes or equivalent in tomatoes drained from can; two tablespoonfuls of white bread crumbs, one-quarter pint of milk, salt and pepper. Cook the macaroni in salted, fast-boiling water until tender, then strain. Put a layer of macaroni in a fireproof dish, then a layer of tomatoes, sliced if fresh, sprinkle well with bread crumbs and cheese, season with salt and pepper. Repeat the layers, finishing with macaroni. Pour the milk over all, dot with butter, cover the dish with its lid, and bake in a moderate oven about a half-hour.

Macaroni with Peppers

CUT the tops from green peppers, remove seeds and core, and let stand for ten minutes in boiling water removed from the fire. Chop cooked macaroni into small pieces and mix with a thin cream sauce. Drain the peppers, fill them with macaroni, adding to each a generous spoonful of grated cheese. Bake in a granite dish with very little water until the peppers are tender. If covered they will not be dry when cooked. Serve as an *entrée* with a tomato sauce made from fresh or canned tomatoes pressed through a sieve and thickened with melted butter to which a tablespoonful of flour has been added. A pinch of saleratus will neutralize the acidity of the tomatoes; salt and a few drops of onion juice should be added, but no pepper. These are very appetizing, served with boiled or baked fish.

Macaroni with Corn

BREAK a quarter of a package of macaroni and boil in salted water until tender. Fill a baking-dish with alternate layers of the drained macaroni, canned corn, seasoning, and a little butter. Pour over one pint of milk and bake in a moderate oven.

Spaghetti with Sauce

HAVE water boiling, put in spaghetti, add two tablespoonfuls of salt. When tender, drain, place on a large platter, and pour over the following sauce:

One tablespoonful of lard, one sliced onion, two and one-half pounds of beef chopped fine, one can of tomatoes, salt, pepper, garlic to taste, and a bit of Italian cheese the size of an egg. Fry the onion till brown, add the meat, fry for two minutes, add tomatoes, strained, with seasonings. Cook for three hours, and sprinkle grated cheese over the platter.

Spaghetti with Eggs

PUT four ounces of spaghetti into a saucepan of fast boiling water, cook till tender, then drain it well. Put a layer into a thickly buttered pudding-dish, then a layer of slices of hard-boiled eggs; dust with a little salt and pepper. Next put in some more spaghetti, then more slices of egg, and so on till the dish is full, ending with spaghetti. Pour half a cup of white sauce over this, sprinkle with two tablespoonfuls of grated cheese and put some little pieces of butter on the top. Bake in a quick oven for ten minutes, then serve in the dish in which it was cooked.

Rice

RICE is the staple food of a large percentage of the world's population and is thoroughly good if carefully prepared. Its combinations are many and it should appear more frequently on the family table. The skilled East Indian cook aims at two things in preparing rice, first, the grains must swell as

much as possible, and, second, they must not stick together in a lumpy manner. No skill is required if rice is cooked in compliance with the directions here given. Wash it well through three or four waters till the last water is perfectly clear. Soak the rice in cold water for twenty minutes, and always cook in a double boiler. Salt the water, and use sufficient to cook without removing the cover until the rice is done. Fully two quarts of water must be allowed to one pint of rice, one quart to one-half pint of rice.

The American manner of cooking rice, as done by Southern cooks, is to sprinkle the rice into boiling water very slowly, boil hard for twenty minutes, then drain in a colander and serve as a vegetable with gravy. This method is excellent and is liked by many better than the East Indian method of steaming.

X.—PIES, SHORT-CAKES, TARTS, TIMBALE CASES, FRITTERS

THESE are the articles essential to the making of good pastry; absolutely cold utensils and materials, and if possible a marble slab and a glass rolling-pin.

Plain Pastry

THREE cupfuls of sifted wheat flour, one teaspoonful of salt, one cupful of lard, two tablespoonfuls of butter, ice-water. Chop lard, salt, and flour into small crumbs, put in icebox for two hours, then add the ice-water to make a soft dough, roll out, spread with butter, roll again, and put on ice till ready to use.

Old-Fashioned Pie Crust

ONE quart of flour, one pint of butter or half and half butter and lard, a pinch of salt, one and one-fourth cupfuls of water. Sprinkle salt in flour; with the hand mix in the shortening with the flour, add cold water. Quickly as possible roll out, fit to the pie-plate, cut off evenly around the edge, roll out upper crust a little thinner than the under one. Fill the pie, wetting the edges to prevent the juice from running out, put on upper crust, crimp around the edge with a fork, cut four or five slits in the top, and bake a light brown.

Puff-Paste

ONE cupful of butter, two cupfuls of wheat flour, ice-water. Wash the butter thoroughly, keep out two tablespoonfuls, shape the rest into a round cake one-half an inch thick, on floured board. Work two tablespoonfuls of butter into two cupfuls of flour, adding enough ice-water to make a dough. Knead one minute, cover with a napkin, place on

ice for ten minutes, in a pan, then roll into an oblong square one-quarter of an inch thick. Spread butter on the lower half, cover with upper half, press edges together, cover, and chill for five minutes, turn half-way round, roll one-quarter inch thick, dredge flour on board. Repeat this twice, turning half-way round each time, fold from ends to centre making three layers. Put between pans of ice covered with a napkin. In half an hour roll out for use. Follow rule carefully.

Apple Pie

PEEL, core, and halve six tart apples, lay in pie-tin lined with crust. Sprinkle over them sugar, butter, cinnamon, and a dash of nutmeg, if liked. Bake until the apples are tender, cover with whipped cream, and serve warm.

Mince Pie

2 cupfuls of boiled beef chopped fine.
1½ quarts of sweet cider.
2 oranges, grated rind and juice.
2 cupfuls of sugar.
1 tablespoonful of cinnamon.
½ teaspoonful of nutmeg.
½ teaspoonful of white pepper.
2 pounds of currants.
¼ pound citron sliced fine.
6 apples chopped fine.
1 cupful of currant jelly.
2 lemons.
1 tablespoonful of salt.
1 teaspoonful of cloves.
1 teaspoonful of allspice.
2 pounds of seeded raisins.
1 pound of suet chopped.
1 cup of shredded, candied orange peel.

COOK till the apples are tender. Allow one tablespoonful of brandy and sherry to each pie. The above makes six pies.

Cream Cheese Pie

TAKE a ball of cottage cheese, or two Neufchatel cheeses, mash and mix soft with cream. It will take two or three tablespoonfuls. Then mix with two beaten egg yolks, a scant half-cupful of sugar, two tablespoonfuls of melted butter, juice and grated ring of a small lemon, two or three drops of almond extract, and the egg whites beaten stiff. Fill the lower crust, sprinkle with half a cupful of blanched almonds, minced

fine. Bake like a custard pie, with a hot oven at first, then lower the heat so that the custard will "set."

Pumpkin Pie

ONE quart of milk, three cupfuls of boiled and strained pumpkin, one and one-half cupfuls of brown sugar, one-half cupful of molasses, yolks and whites of three eggs, beaten separately, one pinch of salt, one tablespoonful each of ginger and cinnamon. Beat all together, bake with an under crust or in individual tins. This makes three large pies. If the pumpkin is not obtainable, Hubbard squash may be used with very good results.

Apple Meringue

To two cups of apples steamed until tender add one-half cupful of sugar, one teaspoonful of butter, one-half teaspoonful of cinnamon or nutmeg. When cool add two egg yolks, slightly beaten, and one tablespoonful of cream. Fill deep pie plate, bake without upper crust, and cover with meringue made of egg whites.

Pineapple Pie Filling

CREAM one-third cupful of butter with one-half cupful of sugar, add two cupfuls of grated or shredded pineapple. The pineapple should be heated to boiling point. Now add two beaten egg yolks mixed with one-half cupful of cream or rich milk, and add one tablespoonful of lemon juice and a grating of the peel. Fill the pie and bake. Cover with a meringue made of the egg whites. Use only lower crust.

Prune and Date Pie

SOAK prunes until soft, then remove stones. To two cupfuls of prunes add one-half cupful of dates cut in tiny pieces, the grated rind and juice of a lemon, three tablespoonfuls of sugar, and enough of the prune juice to make the filling of the

right consistency. Dredge with flour, dot with bits of butter, put on upper crust, and bake fifteen minutes.

Irish Potato Custard Pie

TWO level teacupfuls of creamed potato, one level cupful of sugar, the yolks of three eggs, and one level tablespoonful of butter. Beat the yolks and sugar to a cream and stir in the butter. Stir the creamed potato through and through two cupfuls of boiling milk. Mix with the other ingredients. Flavor with one teaspoonful of grated nutmeg. Beat the three whites very light, and fold into the other ingredients.

Cream Nut Pie

ONE baked pastry shell, one pint milk, three whole eggs and two whites, one tablespoonful cornstarch, one cupful sugar, one teaspoonful almond extract, one pint of whipping cream, and one cupful English walnuts, ground fine. Beat the whole eggs and the whites until thick, then add the sugar and cornstarch sifted together, then the milk. Place this mixture in a double boiler and cook, stirring all the time. When thick remove from the fire and allow it to cool. When cold add the flavoring and nuts and fold in one-half of the cream, whipped until stiff. Then place this in the shell. Flavor and sweeten the remaining half of the cream, and whip very stiff. Place this on top of the cream nut mixtures, sprinkle with chopped nuts. Serves eight people.

Hazel-Nut Custard Pie

THIS is a favorite at one of the New York hotels. To a custard add one-half cupful of finely ground hazel-nuts. The nuts will rise to the top and form a tender crust to the custard. Walnuts, pecans, or almonds may be used in place of the hazel-nuts.

Amber Pie

ONE cup preserves, strawberry or blackberry are best, one and one-half cupfuls sugar, one cupful rich cream, yolks of

four eggs, one heaping tablespoonful flour, one tablespoonful butter, and flavoring, lemon or vanilla. Cook in double boiler until it becomes a thick custard. Line pie plate with paste, put in custard, and cook. Whip whites of eggs to dry froth, add sugar to taste. When pie is done spread over top; return to oven to brown lightly.

Custard Pie

BEAT together, until light, three whole eggs with three heaping tablespoonfuls of sugar, then stir in one pint of milk, add a tiny pinch of salt, a little grated nutmeg, and a little vanilla. Line a deep pie plate with pastry, pour in the custard, place in a moderately hot oven, and bake until the pastry is brown and the custard is firm. Serve cold.

Butter-Scotch Pie

LINE a deep pie pan with a rich pie paste, and bake. Then use this filling: One cup of brown sugar, one and a half large tablespoonfuls of flour, one cup of water, the yolks of two eggs, a lump of butter the size of an egg, and one teaspoonful of vanilla. Cook this mixture until it thickens, and then pour it into the baked crust. The beaten whites of the two eggs, to which has been added one tablespoonful of sugar, should be put on top, and then browned in the oven.

Rhubarb Pie

INTO rhubarb sauce stir one egg, bake with lower crust only, and spread a meringue on top.

Chocolate Pie

FOUR tablespoonfuls of grated chocolate, one pint of water, yolks of two eggs, two tablespoonfuls of cornstarch, six tablespoonfuls of sugar, boil until thick; add one teaspoonful of vanilla; bake the crust, pour in the chocolate. Beat the whites of the eggs with one cupful of sugar, spread over top, and brown.

Cherry Pie

LINE the pan with good crust and fill with ripe cherries stoned; regulate the quantity of sugar you scatter over them by their sweetness. Cover and bake. When cold sift powdered sugar over upper crust. Blackberry, raspberry, and plum pies are made in the same way.

Marlborough Pie

ROLL fine six macaroons, and to them add one cup of stewed apples, one-half pint of cream, two teaspoonfuls of chopped citron. Line deep pan with crust, pour in the mixture, and bake.

Lemon Pie

To the grated rind and juice of one lemon, add one cupful of sugar, one tablespoonful of butter, two tablespoonfuls of milk, and four eggs. Pour into pans lined with crust, and bake. When done, spread the top with white of one egg, one-half cup sugar, and brown in the oven.

Lemon Cream Pie

BOIL one pint of milk, add three teaspoonfuls of cornstarch; when boiled take from stove and stir in the yolks of four eggs, two tablespoonfuls of butter, one cupful of sugar, the juice of two lemons and rind of one grated; pour into rich crust, bake twenty minutes. Whip the whites of four eggs with one cupful of sugar. Spread over the top and brown. Use this same filling in tarts and call them "lemon fanchonettes." They are delicious for after-theatre suppers to top off with.

Tarts

ROLL puff-paste one-quarter of an inch thick, cut in small rounds, squares, or diamonds, bake to be filled with jelly, or any other sweet mixture. Some prefer to line small saucers or pans with paste, bake, and when cool slip out and fill.

Orange Tarts

LINE patty pans with puff-paste, and bake a delicate brown. Fill half full of sliced oranges. Prepare a meringue of the white of an egg and one tablespoonful of sugar, spread over the oranges, and brown slightly in the oven.

Cocoanut Custard Tarts

ONE grated cocoanut, one pound of sugar, one-fourth pound of butter, one cup of cream. Add the beaten whites of nine eggs, and season with essence of lemon. Bake in small shapes lined with rich puff-paste.

Lemon Snowflake Tarts

FOR these tarts make a delicate paste of equal quantities of sifted flour and fresh butter, one tablespoonful of white sugar, and well beaten whites of two eggs. Roll as thin as possible, cut into three-inch squares, bake slowly without browning. Have ready a clear, smooth conserve of lemons. Place four of the flakes together with a thin layer of conserve between. To make the conserve, slice six lemons very thin, taking out only the seeds, cover with cold water, and let stand twenty-four hours. Then boil until tender. Weigh the boiled fruit, and add an equal quantity of white sugar. Boil the whole together until it is a smooth, clear marmalade.

Banbury Tarts

CHOP fine one cupful of stoned raisins and one-fourth a pound of citron; add the grated rind and juice of a lemon, one cupful of sugar, one-fourth teaspoonful of salt, and an egg beaten light. Roll rich pastry into a sheet one-eighth of an inch thick, and cut into rounds between three and four inches in diameter. Put a little of the mixture on each piece; moisten one-half the edge with cold water, and fold over the pastry, pressing the dry edge upon the moistened edge very closely. Bake fifteen or twenty minutes.

Apple Turnovers

PUT one pint of flour into a bowl; add half a teaspoonful of salt, two level teaspoonfuls of baking powder. Mix thoroughly, then rub into the mixture one tablespoonful of butter, and add sufficient milk to make a soft dough. Roll out into a sheet half an inch thick; cut with a biscuit cutter into circles. Put two tablespoonfuls of stewed apples on one-half the dough; fold over the other half, pinch the edges together; place these in a baking-pan, brush with milk, and bake twenty minutes.

English Apple Tart

FILL an ordinary baking-dish with sliced apples, and after adding sufficient sugar, water, and a little lemon, cover with a crust made by chopping fine half a cupful of suet, and one cupful of flour, a quarter of a teaspoonful of salt, and just sufficient ice-water to bind the two together. Roll out into a sheet a quarter of an inch thick make an opening in the top, and place the paste over the apples. Brush with beaten egg, and bake for an hour.

Jelly Tarts

MAKE a rich pie crust, and cut out with small cutter about the size of a small baking powder can. Make as many tops and cut three holes from each with a thimble. Bake bottom and top together. After baking take apart, and spread with a tart jelly. Beat white of an egg and sugar, and spread on top. In the centre of this place a thimbleful of jelly. Bake a golden brown.

Almond Tarts

BEAT to a cream the yolks of three eggs and one quarter of a pound of sugar. Add one-half pound of pounded almonds, put in tart tins lined with paste, and bake ten minutes. Lemon or orange juice may be used to flavor.

Apple Tarts

MIX with one pint of unsweetened, strained apple sauce, six egg yolks, the juice and grated rind of two lemons, one-half cup of butter, and one and one-half cupfuls of sugar. Beat well, fill tart tins with puff-paste, and bake in a hot oven for five minutes. Spread each tart with meringue and brown delicately.

Polish Tarts

CUT the paste into two and a half inch squares, brush with the white of an egg, fold the corners to meet in the centre, press slightly together, and bake. When done put a bit of jelly or fruit preserves in the centre. Or fold only the two opposite corners together, bake, and fill with the fruit preserves.

Cheese Tarts

To three cupfuls of cottage cheese add two tablespoonfuls of melted butter, four tablespoonfuls of thick cream, the grated rind and juice of two lemons, and two-thirds of a cupful of sugar. Work and beat until very smooth. Add gradually six well beaten eggs and one-half of a cupful of sherry. Beat in one-half of a cupful each of cleaned currants and chopped citron, beating for three minutes. Line patty pans or shallow tins with puff-paste rolled out quite thin, fill with the mixture and bake in a moderate oven until set like custard pie. Before serving, dust thickly with powdered sugar.

Cheese Tartlets

CUT up four ounces of good cheese into small pieces, and put it into a mortar with a seasoning, according to taste, of salt, cayenne, dry mustard, and two ounces of fresh butter; pound these ingredients until they form a perfectly smooth paste; then stir in the yolks of three eggs, well beaten, and the white of one egg whisked to a stiff froth. Line some small pastry tins with good pastry, half fill them with the cheese

mixture, and bake for fifteen minutes in a brisk oven; then serve either hot or cold.

Hot Short-Cakes for Fruit Fillings

INTO one pint of flour, one tablespoonful of sugar, one small teaspoonful of salt, one heaping teaspoonful of baking powder, rub one-half cupful of butter. Mix to a soft dough with milk, roll out, divide into two layers. Spread butter between, and bake. Spread any desired fruits between, such as peaches, apricots, bananas, oranges, or strawberries. Serve with or without whipped cream. Most people prefer it with cream.

Maple Short-Cakes

MAKE a rich baking powder biscuit dough, roll it very thin, brush half of it with the beaten white of an egg, cover with a layer of maple sugar which has been scraped fine, then put on the other half of the dough; cut into tiny cakes with a small round cutter, brush each one over the top with the egg, and bake in a moderate oven. Serve hot.

Oyster Short-Cakes

MAKE a rich, light, baking powder biscuit dough, and bake in a layer-cake tin. Split, and butter when it comes from the oven. Scald the strained liquor from the oysters. Make a white sauce, using two tablespoonfuls each of flour and butter to one and one-half cupfuls of scalded milk. Add the oysters, spread between the layers, and serve very hot at once.

Orange Short-Cake

SIFT one pint of flour even full with one heaping teaspoonful of baking powder into a bowl, rub one tablespoonful of butter fine in the flour, mix a half-pint milk with one egg, add it to the flour, and mix quickly into a batter, flavoring with a half-teaspoonful lemon extract. Butter two jelly tins, dust them with bread crumbs, fill in the mixture, smooth it with a knife, and bake it in a medium hot oven. Meanwhile peel

and cut in slices four large oranges, remove the pits, and place the fruit in a bowl; sprinkle over three tablespoonfuls sugar, and set aside. As soon as the cakes are done, remove, turn them out, and when cold, lay the cakes over one another with half the oranges between, and the remaining half on top. Serve with the following sauce:

Stir the yolks of three eggs, to which has been added one cupful powdered sugar, to a cream, add slowly one cupful orange juice; beat the three whites till stiff, add the mixture slowly to the whites, and serve. In this sauce a half-pint whipped cream may be added.

Cherry Short-Cake

Mix and sift twice two cupfuls of flour, one-fourth of a cupful of sugar, four level teaspoonfuls of baking powder, a pinch of nutmeg, and one-fourth of a teaspoonful of salt; rub in one-third of a cupful of butter; add one egg, well beaten, to two thirds of a cupful of sweet milk. Mix on a floured pastry board, roll out, and bake in a layer-cake tin in a hot oven twenty minutes. When done spread with soft butter, then with pitted, drained, and sweetened cherries. Cover the top layer also with cherries, sprinkle generously with sugar, and heap over all sweetened whipped cream. Use apricots in the same way, having made them into a rich sauce. Many people like individual short-cakes; cut them out with a biscuit cutter, split and butter them after baking.

Timbale Cases

Mix one-half teaspoonful of salt with one cupful of flour, add the yolks of two eggs beaten light, then add gradually one-half cupful of cold water, beating constantly. The batter should be like that used for pancakes. Add one tablespoonful of olive oil and the whites of two eggs beaten to a stiff, dry froth. Stand in a cool place two hours before using. Have lard ready for frying, heat the timbale-iron, slip it into the fat, then into the batter long enough for the batter to ad-

here, place again in the fat, fry a delicate brown. Keep in a warm place till ready to use.

Green Corn Fritters
(No. 1)

GRATE the corn and allow an egg and a half for every cupful, with a tablespoonful of milk or cream. Beat the eggs well, add the corn by degrees, beating very hard. Salt to taste, put a tablespoonful of melted butter to every pint of corn, stir in the milk, and thicken with just enough flour to hold them together — say a teaspoonful for every two eggs. Fry in hot lard as you would fritters or cook upon a griddle like batter cakes. Test a little first to see that it is of the right consistency.

Green Corn Fritters
(No. 2)

TO one quart of batter made for any kind of fritters add one pint of green corn, with butter, black pepper, and salt to taste. Stir well and drop one tablespoonful for each fritter in hot butter. Then turn each fritter with a batter-cake turner, browning both sides evenly. These are delicious to serve with chicken.

Beet Fritters à la Dickens

CUT beets, after boiling, into slices an eighth of an inch thick; mince a few mushrooms with one-eighth their bulk in onions; press between two slices of beet, and dip in a batter made by beating the yolk of an egg, adding a tablespoonful of oil or melted butter, four of flour, and lastly the whipped white, with salt and pepper to taste; fry these fritters by immersion in very hot fat.

Parsnip Fritters

WASH and scrub the parsnips and cover them with boiling water, cook until tender. Drain and plunge them into cold water, when the skins may be easily slipped off. Cut them

in pieces and rub them through a *purée* strainer, season pulp with pepper, salt, and butter. Flour the hands and shape mixture in oval cakes or the shape of cutlets. Dredge them with flour, dip them in molasses, and brown them richly in hot salt pork fat, drain on brown paper, and serve on folded napkin. These may be served with corned beef or smoked fish.

Potato Fritters

BOIL four good sized potatoes. When cold, mash through a sieve, add two eggs, two tablespoonfuls of flour, one teaspoonful baking powder, pinch of salt, and a dash of pepper. Mix well; add enough sweet milk to make a thin drop batter. Fry tablespoonfuls in plenty of hot lard.

Sweet Potato Fritters

TAKE one pint of mashed sweet potatoes, two eggs, half a saltspoonful of salt, a cupful of wheat flour, and a teaspoonful of baking powder, mix together with a little sweet milk, and drop tablespoonfuls of the batter into hot fat, frying a delicate brown; serve with a strained tomato sauce.

Ham Fritters

HEAT to boiling point one cupful of stock. Thicken with a tablespoonful each of flour and butter cooked together, and add to it one cupful of cold cooked chopped ham, one egg well beaten, and dry mustard and Worcestershire sauce to season. Heat thoroughly, take from fire, and cool. Make a fritter batter of one cupful of sifted flour, two teaspoonfuls of melted butter, a scant cupful of hot water, the beaten white of an egg, and a pinch of salt. Shape the ham mixture into small balls, dip in fritter batter, and fry in deep fat.

Orange Fritters

SEPARATE two navel oranges into sections, add to a batter made of one and one-third cupfuls of flour, two teaspoonfuls

of baking powder, one-fourth teaspoonful of salt, two-thirds cupful of milk, and one egg.

Vanilla Wafers

To three heaping tablespoonfuls of sifted flour, add one-fourth of a teaspoonful of baking powder, one tablespoonful of stale macaroon crumbs, a pinch of salt, the yolk of one egg, and one dessertspoonful of melted butter. Mix all together, adding slowly three-quarters of a cupful of lukewarm water, and beat to a smooth cream. Add stiffly beaten whites of two eggs and one teaspoonful of vanilla. Drop the batter by spoonfuls into boiling lard, fry till a golden brown. Remove quickly, drain on paper, and dust with powdered sugar before serving. Various fruits may be added to this batter, such as apples, bananas, or pineapple.

Almond Fritters

TAKE a loaf of stale bread, cut off the crust, then cut it into fingers four inches long and two inches wide, soak these fingers in orange juice, then in chopped almonds, dip in white of egg, and fry in hot fat; serve very hot, dusted with powdered sugar and garnished with an orange quartered.

Cannelon Fritters

MAKE some good puff-paste, roll out quite thin, and cut it into pieces about two inches wide and eight inches long; place upon each strip a spoonful of apricot or raspberry jam, wet the edges with white of egg, and fold the paste over twice, slightly pressing the ends together, that the jam may not escape in the frying. Fry in smoking hot fat, and roll in white of an egg and confectioner's sugar.

Fig Fritters

FOR one dozen of these delicious fritters, take two eggs, separating the whites from the yolks, add to the yolks one cupful of milk, one and one-half cupfuls of graham flour, one

tablespoonful of melted butter, one-half teaspoonful of salt, one cupful of chopped figs, and one-half cupful of boiled rice stirred in; flavor with nutmeg and a little cinnamon, then stir in the beaten whites and one teaspoonful of baking powder; serve with a boiled icing sauce. These sweet fritters may be served as a dessert or as a sweet *entrée.*

Apple Fritters

BEAT two eggs without separating until very light; add a cupful of milk, a pinch of salt, and one cupful of flour. When perfectly smooth add a teaspoonful of baking powder and half a pound of apples that have been pared, cored, and chopped fine. Drop this mixture by spoonfuls into boiling fat. Brown on one side, turn, and brown on the other, and serve with powdered sugar.

Golden Ball Fritters

PUT into a saucepan a pint of water, a tablespoonful of butter, and half a cupful of sugar. When this boils, stir into it a pint of sifted flour, stirring briskly and thoroughly. Remove from the fire, and, when nearly cold, beat in four eggs, one at a time, and beating the batter between each; then add a cupful of preserved ginger, chopped fine, and fry brown in boiling fat. Serve with a sauce made from the ginger syrup, and flavored with lemon juice.

Batter for Pineapple Fritters

BEAT one egg; add one-half a cupful of milk, and gradually stir into one cupful of sifted flour, sifted again with one level teaspoonful and a half each of baking powder and sugar, and one-fourth a teaspoonful of salt.

Canned Pineapple Fritters

DRAIN the slices of pineapple from the syrup in the can. Dip the slices, one at a time, in fritter batter and fry in deep fat to a delicate amber tint. Drain on soft paper. Serve at

once with a hot sauce made of the syrup from the can, or with powdered sugar. Put the syrup, from the can of pineapples and three-fourths of a cupful of sugar over the fire to boil; mix a level teaspoonful of arrowroot to a smooth, thin consistency, with three or four tablespoonfuls of cold water; stir the arrowroot into the boiling syrup, and let simmer five or six minutes. When ready to serve add one-fourth a teaspoonful of salt, a tablespoonful of lemon juice and Kirsch, claret, or rum to taste. Serve as an *entrée*, with roast meats.

Currant Fritters

ONE and one-half cupfuls fine bread crumbs, one and one-half cupfuls sweet milk, two-thirds cupful of flour, half teaspoonful baking powder, quarter of a pound of thoroughly washed currants, two eggs, two tablespoonfuls sugar, a small lump butter. Mix all together, flavor with a little nutmeg and cinnamon, drop in spoonfuls in boiling lard, and fry a nice brown.

Strawberry Cream Fritters

MIX together one cupful of fine bread crumbs, one beaten egg, one tablespoonful of sifted wheat flour, a pinch each of salt and sugar, half a cupful of mashed strawberries (sweetened), and sufficient flour, sifted with a teaspoonful of baking powder, to handle. Form with floured hands into small round balls, frying in deep fat to a golden brown, and roll while still hot in pulverized sugar. Serve with a hard sauce to which a few chopped berries have been added.

Peach Fritters

BOIL two tablespoonfuls of sugar, the grated rind of a lemon, two ounces of butter, and a cupful of water for ten minutes. Add five ounces of flour and stir until smooth. Take from the fire and beat into this mixture one by one, beating between the addition of each, four eggs. Peel and cut in small pieces half a dozen peaches and add to the batter. Drop into boiling fat. Sprinkle each fritter with powdered sugar.

XI.—CREOLE AND SOUTHERN RECIPES

CREOLE recipes have a peculiar character all their own, hot and peppery with a distinct individuality. The cooking in New Orleans and in that part of the South settled by Spaniards is entirely different from other parts of the South. Georgia, Virginia, and the Carolinas all have individual dishes for which they are noted and which are classed as "Southern." These rules will suggest variety to the housewife north of Mason and Dixon's line.

Creole Soup

COOK three tablespoonfuls of chopped green pepper and two tablespoonfuls of chopped onion in one-fourth cupful of butter five minutes, add one-third cupful flour, one quart of brown soup stock, one pint of tomatoes, and simmer fifteen minutes. Rub through a sieve and season highly with salt, pepper, and cayenne. Just before serving add one-fourth cupful of cooked macaroni cut in rings, two tablespoonfuls of grated horseradish, and one teaspoonful of vinegar.

Southern Gumbo

PUT one tablespoonful of lard in a porcelain-lined boiler; slice an onion and fry it in the lard. When the onion is a nice brown add one quart of sliced okra and fry until the okra will not rope from a spoon. Stir constantly. Pour half a gallon of hot water in the boiler and let it boil down to a quart. Scald three large tomatoes, peel them, cut into small pieces and put in the soup. Next sprinkle with salt, pepper, and flour the wings, back, feet, and neck of a chicken, and fry them a light brown. Lift them from the frying-pan with a fork, and put them into the gumbo half an hour before serving.

Creole Oyster and Peanut Soup

Mix well with one-half pound of shelled, roasted peanuts, pounded or chopped, two tablespoonfuls of flour, and one pint of oyster liquor. Stir fifteen minutes while it thickens. Put in one pint of oysters, flavor with salt and red pepper.

Florida Sweet-Potato Biscuit

Two cupfuls of flour, one cupful of boiled and mashed sweet potatoes, one tablespoonful of sugar, one teaspoonful of salt, one tablespoonful of butter, one-fourth of a teaspoonful of soda, and enough buttermilk to make a soft dough. Roll, and cut with a biscuit cutter and bake in a quick oven.

Southern Hoe Cakes

Sift a quart of cornmeal; add a teaspoonful of salt and hot, not boiling, water to make a stiff dough; cool with sweet milk until the batter is the right consistency for griddle cakes; spread on a greased griddle, and bake until brown on both sides. Southern cooks always use a wooden cooking spoon.

Old Virginia Cornmeal Pancakes

Six eggs, yolks and whites beaten separately till light, one quart of sweet cream or new milk, and cornmeal enough to make a thin batter. Stir well together, adding a teaspoonful of salt, a tablespoonful of butter, and two tablespoonfuls of sugar. Make the baker very hot, put in a piece of butter as large as a walnut, then pour in a ladle of batter, which will make a pancake, moving the pan around so the batter will spread all over it, and when the under side is a light brown turn it, and brown the other side. Butter each pancake, sprinkle a little nutmeg over each, and fold. Serve hot, with maple syrup or butter sauce for dessert.

Kentucky Corn Bread

ONE pint of yellow cornmeal, one pint of milk, two eggs beaten separately, one heaping teaspoonful of baking powder, and one tablespoonful of melted lard. Have pan hot with plenty of lard in it for greasing.

Old Virginia Fried Chicken with Cream Gravy

CUT a pound of fat salt pork into small pieces and fry until the grease is extracted, but not until it browns. Strain out the pork and set the frying-pan with the fat in it on the fire. Have ready a young "broiler" which has been soaked for half an hour in salted water, then dried between two towels, seasoned with pepper, and dredged with flour. Fry these pieces of chicken in the hot fat until brown on both sides. Turn twice. Take up the chicken, drain free of fat, and set aside to keep hot in a covered dish over hot water. Pour into the gravy left in the frying-pan a cupful of rich milk or cream, into which is stirred a pinch of baking soda; as it heats stir in a tablespoonful of butter rolled in one of flour; cook to thickening, stirring all the time; add a tablespoonful of minced parsley, cook for one minute longer, and pour over the dished chicken.

Tripe Creole Style

CUT honeycomb tripe in two-inch pieces. There should be three cupfuls. Put in dripping-pan and place in moderate oven to draw out water, bake twenty minutes. Drain, cook one small onion finely chopped in two tablespoonfuls butter or bacon fat until delicately browned, add one-quarter of a green pepper finely shredded, one tablespoonful flour, one-half cupful brown stock, one-fourth cupful thick tomato pulp, one-half tablespoonful Worcestershire sauce, and one fresh mushroom cut in thin slices. Add tripe and cook five minutes. Season highly with salt and pepper.

Creole Croquettes

MIX one pound of beef from the round or from the flank of porterhouse steak, grind in the meat chopper with one-half cup of well washed, uncooked rice. Season highly with salt, pepper, and a few grains cayenne. Roll a heaping tablespoonful of this mixture in cabbage leaves, previously parboiled two minutes, not longer, lest they fall to pieces when rolling; cut out part of the heavy vein in each leaf, inclose meat mixture, and fasten with a small wooden skewer or toothpick. Simmer one hour in tomato sauce. This mixture makes eight croquettes.

Tomato sauce: Brown four tablespoonfuls butter in a saucepan, add five and a half teaspoonfuls flour, continue browning; add one and a half cupfuls each of stewed and strained tomatoes, one large slice each carrot and onion finely chopped, a bit of bay leaf, one sprig of parsley, four cloves, three-fourths teaspoonful salt, one-eighth teaspoonful pepper, and a few drops tabasco sauce. Cook all twenty minutes; strain over croquettes.

Creole Rice

CHOP one large onion and a small slice of cooked ham very fine; put in a saucepan with one tablespoonful of butter, add one cupful of cooked rice, also one small can of cooked tomatoes or a dozen fresh ones, one teaspoonful of salt, and a little paprika. Mix well together and heat thoroughly. Then put in a baking-dish, cover with bread crumbs, and put in the oven for fifteen minutes. The tomatoes should be stewed until thick before mixing.

Carolina Pilau

THIS is a famous Southern dish. Boil a quarter of a pound of sliced bacon for half an hour in a quart and a half of water, then add a cupful of well-washed rice, and a young fowl; season with two saltspoonfuls salt and one-half saltspoonful of pepper;

serve as soon as the fowl is tender; put the rice on the platter as a border, with the slices of bacon about the edges, and the fowl in the middle; the time of cooking will have to be gauged by the age of the fowl; should the water boil off add hot water; if the fowl is an old one the rice need not be added until half an hour before the chicken is tender; allow one hour and a half for fowl one year old.

Kentucky Stuffed Peppers

REMOVE seeds from sweet green peppers, fill with a mixture of tomatoes, bread crumbs, and sausage meat, bake till tender, and baste with gravy or melted butter and water.

Creole Chicken

TWO very fine chickens, two tablespoonfuls of butter, two tablespoonfuls of flour, six large fresh tomatoes, six fresh sweet green peppers, two cloves of garlic, three large onions, three sprigs each of thyme and parsley, two bay leaves, one pint *consommé* or boiling water, salt and pepper to taste. Take two spring chickens, clean nicely, and cut into pieces at the joints. Season well with salt and pepper. Put two tablespoonfuls of butter into a stewpan, and when it melts, add the chicken. Let this brown slowly for a good five minutes. Have ready three large onions sliced. Add these to the chickens and let them brown. Every inch must be nicely browned but not in the slightest degree burned. Add two tablespoonfuls of flour; let this brown. Then add a half-dozen large, fresh tomatoes nicely sliced, and let these brown. Cook very slowly, allowing the mixture to simply simmer. Add chopped parsley, thyme, and bay leaf, and two cloves of garlic finely minced. Let all brown without burning. Cover and let it smother over a slow but steady fire. The tomato juice will not make sufficient gravy as yet. Add a half-dozen sweet green peppers, taking the seeds out before adding, and slicing the peppers very fine. Stir well. Let all smother steadily for twenty minutes at least, keeping well covered, and stirring

occasionally. When well smothered, add one cup of *consommé*. Let it cook again for a full hour, very, very slowly over a very steady fire, and season again to taste. Cook ten minutes more, and serve hot.

Claret Tea Punch

SLICE three lemons, over them pour one wine-glass of Jamaica rum, one tumbler of strong green tea, sugar to taste, and one quart of claret. Serve with plenty of chipped ice in the bowl.

Coffee Frappé

PUT two quarts of cream into a bowl, add one pound of finely cracked ice, one quart of strong coffee, and sugar to taste. Take two pitchers, pour the mixture from one to the other six times, keep on ice ten minutes before serving.

Creole Fried Sweet Potatoes

PEEL and slice raw sweet potatoes. Let them soak in very cold water, fry them in plenty of hot lard.

Creole Fried Carrots

BOIL very tender young carrots. Slice thin, roll in brown sugar, fry brown in butter.

Stewed Potatoes, Southern Style

TAKE one large tablespoonful each of lard and butter and let heat in a stewpan or small kettle; when hot stir in one large tablespoonful of flour. Stir until smooth, then add one medium sized onion cut small, and cook for about one minute or until brown; then stir in one quart of potato dice, uncooked, previously prepared; add sufficient boiling water to cook the potatoes, not quite enough to cover them; cover the kettle, and cook until the potatoes are done through, when the water should be about all boiled away. This dish is not difficult to prepare, and may be cooked in about twenty minutes. Under the handling of a Southern cook there is a distinct

taste and odor of chicken about this dish, although none is used in its composition.

New Orleans Fish Balls

MASH one quart of hot, freshly boiled potatoes with a cupful of warm fish picked very fine, one egg, beaten separately, one teaspoonful of butter, one tablespoonful of cream, salt, red pepper, onion juice to taste, and finely chopped parsley. Beat all till creamy. Roll into balls, drop in hot lard, and fry like doughnuts. Drain and serve piping hot.

Creole Macaroni

THROW the macaroni into plenty of boiling water, then drain. When tender, put into a baking-dish with butter, salt, a bit of dry mustard, cut up cooked chicken livers, a few Italian mushrooms, a bit of chopped bacon, and a few pieces of chopped tongue or ham. Mix, and bake for twenty minutes. Sprinkle all with grated cheese. The top should be brown and crusty.

New Orleans Sally Lunn

YOLKS of five eggs, one and one-half pints of flour, one tablespoonful of butter, two tablespoonfuls of sugar, one tumbler of sour milk, one teaspoonful of baking powder.

Spanish Creole Jumballaya

WASH one pound of rice, soak for one hour. Cut up a cold roasted chicken or the remnants of a turkey, one slice of ham, and fry in one tablespoonful of lard. Stir in the rice and add slowly while stirring in one pint of hot water. Cover the kettle and let the contents cook slowly till the rice is nearly dry. Add two tablespoonfuls of cooked tomatoes. Instead of a fowl, this jumballaya may be made with oysters or shrimp.

Old Virginia Forcemeat Balls

ONE pound of veal or mutton, cooked; chop it very fine, with one-half pound of beef suet. Add to this a tablespoonful

each of thyme, sweet marjoram, parsley, and onion, also finely chopped; a pinch each of mace, cloves, and grated nutmeg. Then add the beaten yolks of two eggs and a half-teacupful of grated bread crumbs. Season to taste with salt and pepper, and fry in hot drippings.

Southern Stewed Oysters (Chafing-Dish)

HAVE the vessel hot in which the oysters are to be cooked, then take them out of their own liquor with a fork; never wash them in fresh water; put them in the vessel, stirring them so as to prevent burning or scorching. Cook quickly and when half done add to each quart of oysters a piece of fresh butter the size of a large egg, half a pint of cream or rich milk, the yolks of two eggs well whipped, pepper and salt to taste, and serve hot.

Creole Peaches

SELECT large fruit, peel, cut in halves, and remove the stones. Arrange the fruit with the two halves together again, after filling the cavity with a paste composed of powdered sugar, ground cinnamon and butter — fresh butter if you can get it. Bake in a moderate oven until the fruit is tender, basting frequently with a thick lemon syrup flavored with grated nutmeg. About five minutes before they are quite done ornament with a meringue, and brown slightly. Serve either hot or cold with cream, whipped or plain.

Gumbo Fillet

THIS recipe has been handed down from generation to generation and is regarded as an heirloom in the family. A pair of fine plump fowls must be cut into pieces as when carving, then allowed to lie in cold water until all the blood is drawn out. Next put into a pot two large tablespoonfuls of lard; let come to a boil, then drop in the pieces of chicken, previously well dredged with flour, also an onion finely minced; season slightly with salt and pepper and add a little chopped

marjoram. Pour on two quarts of boiling water, cover and let simmer slowly for three hours, then stir in two teaspoonfuls sassafras powder; add a dozen fine oysters with their liquor, stew one-half hour longer, dish up, and send to the table. Serve with rice cooked very dry.

Virginia Cocoanut Cream Pudding

A QUARTER of a pound each of fresh butter and pulverized sugar are beaten together until light. Six eggs are next whipped separately, then turned together and mixed gradually with a pint of sweet cream. To this mixture is added by degrees the grated meat of two large cocoanuts, in turn with the butter and sugar. The whole is stirred very hard, then turned into a dish and baked. It is eaten cold with whipped cream.

Southern Sweet Potato Pone

STIR together until very light, three-quarters of a pound each of sweet butter and pulverized sugar, add two tablespoonfuls of ginger; stir in gradually and alternately eight well beaten eggs and a pound and a half grated sweet potato; add a gill of sour milk in which a teaspoonful of soda has been dissolved; beat the mixture until very light, pour into a buttered baking-dish, and bake four hours.

XII.—PUDDINGS, SAUCES, CUSTARDS, AND DUMPLINGS

THE practical housewife recognizes the value of puddings as wholesome, often economical, additions to her menu, and the plainest pudding may be transformed into a delicacy by the use of a good sauce.

Custards boiled and baked are not as popular as formerly, yet nothing can be more acceptable, if properly made, for the children as well as for the older members of the household.

The frequency with which sodden dumplings are served proves the necessity of plain practical rules for their making. The recipes here given have been tested. Follow them and the results will be absolutely satisfactory.

Bread Pudding

Two cupfuls bread crumbs, one and one-half cupfuls granulated sugar, one-quarter cupful butter, one-half cupful sherry wine, one-half cupful seeded raisins, one-half cupful English currants, three pints sweet milk, three eggs — beaten well, yolks and whites together, — one-quarter teaspoonful ground cinnamon, one-half teaspoonful lemon extract, one-quarter teaspoonful nutmeg, one-quarter teaspoonful salt. Mix all the ingredients together, put in a buttered pudding-dish, bake one-half hour in a moderate oven, and serve hot. This does not need any sauce.

French Bread Pudding

TAKE four slices of stale bread, cut into medium size squares, and butter; then beat four eggs together, put in one quart of milk, a half-cupful of sugar, and a little nutmeg to flavor. Bake about twenty minutes.

Spanish Bread Pudding

COOK one-half cupful soft stale bread crumbs in two tablespoonfuls butter until delicately browned. Add one cupful hot milk, one-fourth teaspoonful salt, one teaspoonful vanilla, two eggs and three egg yolks, well beaten; then cut and fold in the whites of three eggs beaten until stiff. Turn into a buttered mould, set in a pan of hot water, and bake in a moderate oven until firm. Remove from mould, and serve with this sherry sauce:

Cook one cupful brown sugar and one-third cupful boiling water fifteen minutes. Add two tablespoonfuls cold water and one tablespoonful cornstarch and stir until smooth. Add to syrup and let simmer forty-five minutes; then add two tablespoonfuls butter, slight grating nutmeg, a few grains salt, one-half teaspoonful vanilla and sherry wine.

Black Betty

SELECT pan of right size, put tablespoonful of butter in pan, then a layer of buttered toast, next a layer of sliced apples, sprinkle with sugar and grated nutmeg, then a layer of raisins; repeat until dish is full, with buttered toast on top. Beat two eggs, add two cupfuls of milk and pour over all; bake until apples are cooked. Serve with cream and sugar.

Old-Fashioned Brown Betty

SPRINKLE a layer of sugar between layers of apples and bread, and dust a little cinnamon over the top. Place the dish in a hot oven, covering it for fifteen minutes, and bake for thirty minutes. Serve with a hard sauce.

Peach-Tapioca Pudding

PUT about eight large halves of canned peaches into a baking-dish suitable to send to the table. Stir half a cupful of some quick-cooking tapioca into a pint of boiling water to which half a teaspoonful of salt has been added; set the mix-

ture into a dish of boiling water, and let cook until the tapioca is transparent; add one-fourth a cupful of sugar, the juice of a lemon or a teaspoonful of cinnamon; when mixed together, pour over the peaches; set the dish into the oven and let cook fifteen or twenty minutes. Serve hot with cream and sugar.

Baked Tapioca Pudding

SOAK one-half a cupful of tapioca in one cupful of orange juice over night, and cook in one cupful of sweet milk until soft and transparent. Add one-half cupful of sugar, a pinch of salt, the grated rind of one orange, the beaten yolks of four eggs, one-half pint of sweet cream, and lastly the beaten whites of the eggs. Pour into a buttered baking-dish and bake in a moderate oven for twenty minutes. Let get cold, then run a knife around edge of pudding, and carefully remove from dish on to a plate. Serve with either plain or whipped cream.

Apple Tapioca

A CUPFUL of tapioca should be soaked in four times its bulk of water for four hours; then stand it over hot water until it becomes transparent. Have ready a good-sized baking-dish, two-thirds filled with apples that have been pared, cored, and quartered; sprinkle over half a cupful of sugar and pour over the tapioca; cover the dish and bake in a moderate oven for at least three-quarters of an hour. Serve with cream.

Prune Sago Pudding

IN double boiler scald one and one-half quarts sweet milk and stir in four tablespoonfuls sago. Let stand till sago is quite clear; add three beaten eggs, one-half cupful sugar, one teaspoonful vanilla, a little butter, pinch of salt. Add two cupfuls steeped and pitted prunes. Bake forty-five minutes; serve hot or cold, with or without cream.

Pineapple Tapioca Moulds

SOAK half a cupful of pearl tapioca over night in water to cover. In the morning add a pinch of salt and two cupfuls

of water, and let simmer in a double boiler until the tapioca is perfectly clear. Peel, eye, and chop fine a small ripe pineapple, and cook it until tender with one cupful of sugar. When partly cold stir it into the tapioca, and pour it into individual moulds. Set in a cool place until firm. Whisk one pint of cream to a very stiff froth, add two tablespoonfuls of sugar, the well beaten yolk of one egg, and a tablespoonful of lemon extract. Turn the tapioca out on small plates, and serve, surrounded with a wreath of the whipped cream.

Baked Apricot Whip

WASH well one-half pound dried apricots and stew slowly until the water has all evaporated from them. Then chop or put through a colander and add one-half cupful sugar and set over fire until the sugar melts. Stir well and then set to cool. When cool add this to the stiffly beaten whites of six eggs. Turn into a well buttered cake mould and bake in a moderate oven for about one-half hour. Turn out on a plate and allow to cool; serve with whipped cream.

Cherry Soufflé

MOISTEN two tablespoonfuls of flour with a little cold milk, then stir it smoothly into one pint of hot milk. Let it thicken over the fire, then set aside to cool. Beat the yolks of four eggs light, add two tablespoonfuls of softened butter, a pinch of nutmeg, and a sprinkle of cinnamon. Mix in with the thickened milk. Add the whites of the eggs beaten to a stiff froth, one pint of stoned, drained cherries, and a gill of thick, sweet cream. Flavor with vanilla. Turn into a *soufflé* tin and bake in a quick oven. Serve at once.

Pineapple-Tapioca Soufflé

PUT a can of grated pineapple and a cup of water into a double boiler and when hot stir in half a cupful of a quick-cooking tapioca; stir occasionally until the tapioca is transparent, then add the juice of half or a whole lemon, a cupful

of sugar, and half a teaspoonful of salt. Beat the whites of three eggs until dry, stir into the mixture, and fold the two together. Serve hot with cream and sugar.

Pineapple Pudding

LINE a buttered pudding-dish with slices of buttered coffee-cake, then fill the dish up with sliced pineapple liberally sprinkled with sugar. Cover with a layer of the buttered cake, pour over a cupful of cold water, and bake for two hours, having the dish closely covered. Then remove the cover, and let the cake brown delicately. Serve with cream.

Steamed Apple Pudding

LINE a mould with slices of bread and butter. Put in a layer of stewed apples, a layer of bread and butter, another layer of apples; continue until the mould is filled. Beat two eggs, add a pint of milk; pour this over the bread and apple; steam for one hour; serve with a liquid pudding sauce.

Orange Soufflé

MIX four ounces of grated bread crumbs, or dried crumbs, with the juice and pulp of three oranges and the grated rind of one. Beat together three egg yolks, two tablespoonfuls of sugar, and one cupful of milk, pour over the crumbs and mix well. Stir in the beaten whites of the eggs, pour all into a buttered pudding-dish, and bake.

Delicious Apple Pudding

PEEL, core, and cut in halves four or five apples, and place them in bottom of baking-dish. Then rub together a tablespoonful of butter and two tablespoonfuls of flour, and wet this mixture with about three-quarters of a cup of cold water; then add one cupful of sugar, cinnamon and a little salt. Pour this over the apples and bake until tender. Serve with cream.

Baked Apple Pudding

PARE, quarter and core six good-sized apples, and boil them in a small quantity of water until they are soft enough to mash. Pour off the water, when thoroughly mashed add half a pint of bread crumbs, sugar to taste, the grated peel of a lemon, three eggs well beaten, and one ounce of melted butter. Bake in a moderate oven, serve with a hard sauce, made by stirring to a cream one cupful of butter and two of pulverized sugar, flavoring with vanilla.

Macaroni Pudding

ONE cupful broken macaroni, one quart milk, four eggs, juice and grated peel of one-half lemon, three-quarters of a cupful of sugar, and two tablespoonfuls of butter; boil the macaroni in one-half the milk until tender; while hot, stir in the butter, sugar, lemon, and eggs. Bake in a buttered mould one-half hour.

Steamed Pears with Rice

PEEL and core six pears, then boil them until tender in one cupful sugar and two of water; fill the centres with macaroon or cake crumbs flavored with sherry or rum, if liked. Mix some hot boiled rice with the syrup, flavor with vanilla or maraschino. Make a mound of the rice, lay the pears around it, and around each pear put a spoonful of whipped cream, sweetened slightly, and filled with shredded almonds.

Plain Indian Pudding

BOIL one pint of milk, add one cupful of sifted meal mixed with one cupful of cold milk. When scalded remove from the fire, and add half a cupful of molasses, two tablespoonfuls of brown sugar, half a teaspoonful of salt, one teaspoonful of ginger, a little cinnamon, a pint of cold milk, and one egg well beaten. Pour into an earthen baking-dish and bake three hours.

Indian Sponge-Pudding

CRUMBLE cold corn muffins to make two teacupfuls. Soak in a quart of sweet milk three or four hours. Then add three well-beaten eggs, three level tablespoonfuls of sugar, and a pinch of salt. Beat well, bake one hour in a moderate oven, and serve hot with rich cream and sugar, or with a sauce made by beating into a cream a heaping tablespoonful of butter, a teacupful of granulated sugar, one egg, with a very little vanilla for flavoring. It is delicious served with ice-cream.

Suet Pudding

ONE cupful molasses, one cupful chopped raisins, one cupful chopped suet, one cupful sweet milk, three and one-half cupfuls flour, one teaspoonful soda, and a little salt. Steam three hours. This is a true and tried recipe.

Delicious Berry Pudding

HALF a cupful of sugar, two tablespoonfuls of butter, one egg, one cupful of sweet milk, two cupfuls of flour, one-half teaspoonful of soda, one teaspoonful of baking powder, one cupful of berries beaten in last. Steam one hour.

Sauce: Two cupfuls of powdered sugar, one-half cupful of butter, creamed, white of one well-beaten egg, two cupfuls of mashed berries.

Cranberry Pudding

CREAM one cupful of sugar with three teaspoonfuls of butter. Add slowly one cupful of sweet milk, two cupfuls of flour sifted with two teaspoonfuls of cream of tartar and one teaspoonful of soda. Add one and one-half cupfuls of cranberries and bake one-half hour in a moderate oven. Serve with any sauce.

Harlequin Pudding

THREE tablespoonfuls of melted butter, mixed while warm with a cupful of sugar. Add one cupful of milk gradually,

the yolk of one egg which has been beaten until thick, two cupfuls of flour, into which has been sifted three level teaspoonfuls of baking powder, and either one cupful of cranberries or three-quarters of a cupful of ginger cut in half-inch pieces, or two apples sliced thin, or three-quarters of a cupful of chopped nuts, or one cupful of raisins. Flour lightly to prevent sinking to the bottom, and lastly fold in the stiffly beaten white of one egg. Bake twenty-five minutes in a moderate oven and serve with the following sauce: Mix one-half cupful of maple syrup and one cupful of whipping cream and beat until stiff.

Rhubarb Pudding

PLACE a layer of rhubarb in the bottom of a baking-dish, sprinkle it thinly with sugar, and grate on some nutmeg, then a layer of bread, cut up the same size as the rhubarb, and so on until the dish is full; then beat up the yolks of two eggs, half a cupful of sugar, one pint of milk, flavor with nutmeg, and pour over all; bake until done; beat up the whites of the two eggs, frost the top of the pudding, and brown lightly.

Peach Pudding

FILL a pudding-dish with whole, peeled peaches and pour over them two cupfuls of water. Cover closely and bake until the peaches are tender; then drain off the juice from the peaches and let it stand till cool. Add to the juice one pint sweet milk, four well-beaten eggs, a small cupful of flour which has one teaspoonful of baking powder mixed in it, one cupful of sugar, one tablespoonful of melted butter, and a little salt. Beat well, and then pour this mixture over the peaches; bake until a rich brown, and serve with cream.

Huckleberry Pudding

ONE tablespoonful of butter, half a cupful of light brown sugar, half a cupful of milk, one egg, two cupfuls of flour, one tablespoonful of baking powder, a little spice. Add last one

cupful of huckleberries; bake in muffin pans; serve with liquid sauce.

Popcorn Pudding

ONE pint of popcorn ground fine, one tablespoonful of butter, one teaspoonful of salt, one-half cupful of sugar, one quart of milk, and two eggs well beaten. Mix all thoroughly and cook it for twenty minutes. This will serve six persons.

Dainty Pudding

PUT into a dish some coarsely crumbled sponge cake, over it spread a layer of whipped cream, sweetened and slightly flavored with vanilla. Then add some more cake crumbs, more cream, and so on till the dish is filled. Set away on the ice till needed. Garnish with candied cherries and blanched almonds.

Maple Nut Pudding

MELT one cupful of granulated sugar in granite pan, stirring constantly. Have mixed together three egg yolks, one tablespoonful flour, and one quart of milk, and add to melted sugar. Stir until it thickens. For the frosting: Whites of three eggs beaten stiff, two tablespoonfuls powdered sugar, two tablespoonfuls grated cocoanut, and half a cup of finely shaved Brazil nuts. Brown in the oven. This will serve six people, and is good with sponge cake.

Plain Rice Pudding

PUT into a two-quart dish, one cupful of well-washed rice, covered with one quart of milk. Add two-thirds of a cupful of sugar, a pinch of salt, and flavor with nutmeg or vanilla. Bake slowly two or three hours.

Rice Cream Pudding

TWO quarts of milk, one cupful of sugar, one-quarter teaspoonful of salt, one cupful of well-washed rice, and any

desired flavoring to taste. Bake for five or six hours in a slow oven.

Rich Man's Rice Pudding

To two cupfuls of hot, boiled rice add one-quarter of a box of gelatin dissolved in one-half cupful of water. To this add one cupful of whipped cream, two teaspoonfuls of vanilla, two tablespoonfuls of sugar, three figs, three tablespoonfuls of preserved ginger cut in small pieces, and one-half cupful of sherry. Put in a mould on ice for two hours, garnish with candied cherries and strips of angelica. Serve with the following sauce, which must be very cold: One cupful of whipped cream, one-half cupful of powdered sugar, one beaten white of an egg, one teaspoonful each of almond extract and vanilla, and one tablespoonful of maraschino or any desired cordial.

Rice and Raisin Pudding

WASH one cupful of rice, sprinkle with boiling water, cook until the grains are tender. Drain, add one cupful of seeded raisins which have been steamed until plump. Pack in a well-buttered mould. Put in the oven for five minutes, turn out on a hot plate, and serve with scraped maple sugar.

Moulded Rice

USE one-fourth a cupful of rice, one cupful of milk, one-half a teaspoonful of salt, one-third of a cupful of sugar, grated rind of one orange, one cupful of thin cream, one-half tablespoonful of gelatin, four tablespoonfuls of cold water.

Put a pint or more of cold water over the rice, let boil five minutes, then drain, rinse in cold water, and drain again; add the milk and grated rind, and let cook in a double boiler until the grains are tender; add the sugar, salt, and cream, and let become hot, then add the gelatin, softened in the cold water, and stir over ice-water until the mixture begins to thicken. Serve with boiled custard, sugar and cream, currant jelly, or strawberry preserves. Put in small cups or moulds.

Cream of Rice with Prunes

Cook one-fourth of a cupful of rice in a cupful and a half of milk. Make a boiled custard with three yolks of eggs, half a cupful of sugar, and half a cupful of milk. Add half a package of gelatin softened in cold water, and strain over the rice. Let cool. Fold in a pint of whipped cream, twelve sifted prunes, and lemon juice. Serve surrounded with cooked prunes. Put in small cups or moulds.

Creamed Rice Pudding

One cupful of fresh boiled rice, three cupfuls of milk, three-fourths cupful of sugar, two eggs, one tablespoonful of cornstarch. Dissolve the cornstarch in hot milk, and cook, then add the rice, sugar, and yolks. When thick, flavor and pour into a pudding-dish. Heat in the oven and make a meringue for the top of the whites. Brown very delicately in the oven. A cupful of stoned raisins will improve it and should be added to the hot milk before the other ingredients.

Chocolate Rice Pudding

Make a custard of two cupfuls of milk, one-half cupful of sugar, a generous pinch of salt, four eggs blended but not beaten too stiff, one-half teaspoonful of vanilla, one and one-half cupfuls of cooked rice, and four tablespoonfuls of grated chocolate. Bake in a pudding-dish until firm, not hard. Serve with whipped cream.

Steamed Chocolate Pudding

Three tablespoonfuls butter, two-thirds cupful sugar, one egg, one cupful milk, two and one-quarter cupfuls flour, one-quarter teaspoonful salt, four and one-half level teaspoonfuls baking powder, two and one-half squares bitter chocolate. Cream butter, add sugar, and well beaten egg. Mix and sift flour with baking powder and salt. Add to first mixture alternately with milk. Add melted chocolate, and steam in covered mould for two hours. Serve with cream sauce: One-

quarter cupful butter, one-half teaspoonful vanilla, one cupful powdered sugar, one-quarter cup thick cream. Cream butter well, add sugar gradually, vanilla and cream whipped stiff.

Hominy Pudding

COOK one scant cupful of hominy, one quart of milk, and a quarter of a teaspoonful of salt in a double boiler until the hominy is tender. When partly cooled, add the yolks of three eggs beaten with one-half of a cupful of sugar, the grated rind of one and strained juice of two oranges, and the whites of the eggs whipped to a stiff froth. Turn into a buttered dish and brown in a quick oven.

Baked Prune Pudding

STONE half a pound of prunes or dates and chop fine. Add half a cupful of almonds blanched and chopped, and the crumbs of quarter of a loaf of bread. Beat one egg well, soften a heaping tablespoonful of butter, and add sweetening as desired. Put in a buttered pudding-dish and fill it up with milk, stirring carefully. Cover and bake three-quarters of an hour, then let it brown and serve with sugar and cream, or any kind of pudding sauce.

English Sponge Pudding

THIS pudding must be eaten as soon as baked. To two cupfuls of boiling milk, one-quarter cupful of sugar, a pinch of salt, and one-half cupful of flour mixed with a little cold milk, add when boiling five egg yolks, and when thickened fold in the five beaten egg whites. Bake in a buttered dish for twenty minutes and serve with sherry sauce. To make the sherry sauce, take two tablespoonfuls of butter, one cupful of powdered sugar, cream and put in a bowl over boiling water. Stir for five minutes, add three tablespoonfuls of sherry, and serve.

Fig Pudding

CUPFUL of figs, chopped; one cupful of English walnuts, chopped; two eggs, beaten separately; one cupful of gran-

ulated sugar, one teaspoonful of baking powder, three tablespoonfuls of flour. Bake in a slow oven for twenty-five minutes. Serve with whipped cream. It may also be served with "sherry-wine sauce" made of one cupful of granulated sugar mixed with three tablespoonfuls of flour, two teacupfuls of water, and a lump of butter size of an egg. Boil and season with wine or brandy. If it boils too thick, thin with a little warm water.

Fig Roly-Poly

PICK over and wash one pound of figs, cut into bits, and place in a double boiler with one cupful of water. Cover and cook slowly until they can be beaten to a pulp with a spoon. Cool and flavor with a few drops of vanilla. Sift together one pint of flour, one-half of a teaspoonful of salt, and one heaping teaspoonful of baking powder, then rub into it two heaping tablespoonfuls of butter. Mix to a soft dough with cold milk, turn out on a floured board, and roll out in a sheet half an inch thick. Spread with the fig paste and roll up tightly, pinching the ends well together. Place on a buttered pan, steam for three-quarters of an hour, and stand in a hot oven for five minutes to dry off. For the sauce: cream one-half of a cupful of butter, add one-half of a cupful of sifted powdered sugar, and beat hard until very creamy. Work in gradually three tablespoonfuls of thick cream and add sufficient vanilla to flavor. Stand the bowl in a pan of hot water and stir and beat until the sauce is creamy and smooth. Serve at once.

Steamed Fig Pudding

1 cupful of finely chopped figs.
½ cupful of sugar.
1 cupful of seeded raisins.
½ cupful of almonds.
1 teaspoonful of cinnamon.
½ teaspoonful each of salt, cloves, and nutmeg.
1 cupful of bread crumbs soaked in one cupful of hot milk.
½ cupful of currants.
¼ cupful chopped citron or 2 sour apples chopped.
½ cupful finely chopped suet.
3 egg yolks.

MIX well and fold in the stiffly beaten egg whites and

one-quarter of a cupful of sherry or brandy. Put in one or individual moulds well-buttered, and steam two hours. Serve with a white sauce made as follows: One tablespoonful of cornstarch dissolved in one-half cupful of cold water, add one cupful of boiling water, one-half cupful of pulverized sugar, a pinch of salt. Cook for fifteen minutes; add two beaten whites of eggs, vanilla and sherry to flavor.

Graham Pudding

MIX thoroughly and sift one and one-half cupfuls graham flour, one and one-half level teaspoonfuls baking powder, one and one-half teaspoonfuls salt. To one-fourth cupful melted butter, add one-half cupful milk, one-half cupful molasses, one egg well beaten, the dry mixture, and one cupful raisins, stoned and cut in pieces. Turn into a buttered mould and steam two and one-half hours. For this pudding make hard sauce as follows: Cream one-third cupful butter, add gradually one cupful powdered sugar, one-third teaspoonful lemon extract, and two-thirds teaspoonful vanilla.

Croutons of Cake and Peaches

DRAIN the juice from a can of peaches; measure the juice, and for each cupful take a level tablespoonful of arrowroot or cornstarch and two or three tablespoonfuls of sugar; scald the juice and into it stir the starch and sugar mixed together; let cook about ten minutes, then add the peaches, and keep the whole hot without cooking. From a loaf of stale sponge cake cut rounds or slices for each service. Have a tablespoonful or more of butter melted in a frying-pan, and in it cook the cake, first on one side and then on the other. Set the cake on individual plates, a slice or round on each plate, put one or two halves of peach on each piece, and over it pour a little of the syrup. Flavor the syrup with lemon or orange juice or rind.

Steamed Marmalade Pudding

Mix together one cupful each of stale bread crumbs, not dried, flour sifted with three level teaspoonfuls of baking powder, and fine-chopped suet; add one-third a cupful of sugar and one cupful of orange marmalade. Beat three eggs very light; add three-fourths teaspoonful of salt and one cupful of milk. Stir the liquid in to dry the ingredients. Steam three hours in a mould, closely covered. Leave plenty of room in the mould for the pudding to swell. Serve with hard or liquid sauce.

Raspberry Pinks

Crush one pint of red raspberries and sprinkle lightly with sugar; when they have stood for an hour or more drain off half a cupful of juice. Beat two tablespoonfuls of butter to a cream, add one-half cupful of sugar, the berry juice, one and one-half cupfuls of flour sifted with one teaspoonful of baking powder, and the whites of two eggs beaten stiff. Bake in muffin pans and serve for dessert with raspberry sauce. After draining the berries pour one cupful of water on them and boil for five minutes; beat the yolks of the eggs very light with one cupful of sugar, strain the boiling juice over them, and stir over the teakettle until the sauce is as thick as cream. If any "pinks" are left, cover them thickly with a frosting made of confectioners' sugar moistened with berry juice, and add them to the cake basket.

Cherry Puffs

One cupful of flour, five teaspoonfuls of baking powder, one teaspoonful of salt, two tablespoonfuls of butter, one-half cupful of milk, and one cupful of canned cherries. All measurements level. Mix the dry ingredients, cut in the butter, add the milk, and, when well mixed, the cherries. Steam in buttered moulds for three-quarters of an hour. Serve with foamy sauce made as follows: Cream one-fourth cupful of

butter; add one-half cupful of powdered sugar, mix well; add three tablespoonfuls of cream and one tablespoonful of vanilla.

Tipsy Pudding

SATURATE a loaf of sponge cake with wine or brandy; make a rich boiled custard, place the cake in a deep glass dish and pour the custard over it. Stick the top full of blanched almonds and serve cold.

Queen of Puddings

ONE pint of bread crumbs, one quart of milk, one cupful of sugar, yolks of four eggs, one tablespoonful of butter, one teaspoonful of lemon juice. Bake; spread with a layer of jelly fruit. Whip the whites of the eggs to a froth with one cupful of sugar and the juice of one lemon; then spread on top and brown.

Stuffed Apple Pudding

ALLOW one apple to a person, Northern Spies, if possible, peel, and cut off a thick slice from the top to use as a lid. Remove the core, scrape out the centre till a thin wall remains. Chop one apple, add to the scrapings, with a few chopped almonds, chopped seeded raisins, sugar and cinnamon to taste. Put this mixture into the cavity, press down, and put on the end, and arrange closely in a buttered baking-dish. Surround the dish with water, bake till the apples are tender. Beat four eggs and one cupful of sugar thoroughly, then add a small cup of flour. Pour this around the apples and bake till done.

Chestnut Pudding

BOIL a pint of shelled chestnuts in salted water until they are soft. Drain, remove the brown skins, and rub through a sieve. Cream together half a cupful of sugar and four tablespoonfuls of butter. Add the chestnut paste, the beaten yolks of four eggs, half a cupful of bread crumbs, a cupful of milk, and the juice and grated rind of one lemon. Beat

thoroughly, then add the stiffly beaten whites of the four eggs. Bake in a hot oven, and serve with sugar and cream.

Raisin and Cracker Pudding

ONE and one-fourth cupfuls of seeded raisins, six Boston crackers, one cupful sugar, one-fourth teaspoonful salt, one-fourth teaspoonful mace, four cupfuls milk, four eggs, butter. Split the crackers and spread with butter. Arrange them in a well-buttered pudding-dish, sprinkling the raisins between them; beat the eggs slightly, add the sugar, salt and mace, pour on gradually the milk; mix well and pour over raisins and crackers; let it stand thirty minutes. Bake in a moderate oven until the centre of pudding is firm. Serve hot with hard sauce.

Angel Pudding

ONE cupful of granulated sugar, two eggs beaten light, two tablespoonfuls of flour, one teaspoonful of baking powder, one cupful of chopped dates, one cupful of English chopped walnuts, and one teaspoonful of vanilla. Mix and put in baking-dish and bake in a moderate oven for thirty minutes. Serve with whipped cream.

Blackberry Roll

HALF-CUPFUL of milk, butter size of an egg, two teaspoonfuls baking powder, little salt and flour enough to roll out good. Then spread over the rolled-out crust the following mixture: Half-cupful sugar and one tablespoonful flour, add one quart of berries, and sprinkle them over with another half-cupful of sugar and tablespoonful of flour, roll up well, place in baking-pan, then sprinkle over some nutmeg and the third half-cupful of sugar and tablespoonful of flour. Add one cupful of water and a piece of butter to the pan and bake about forty-five minutes. Serve with cream.

Baked Peach Pudding

PARE, cut in halves, and stone a dozen fine ripe peaches, reserving a few of the pits. Boil the pits in half a cupful of water for fifteen minutes, then strain. Mix well together a generous half-cupful of sugar and a tablespoonful of flour. Butter a deep pudding-dish well, put in a layer of peaches, sprinkle with the sugar, dot with bits of butter, cover with another layer of the peaches, and proceed in this way until all are used. Pour over the water which was strained off the pits. Make a rich biscuit crust for the top, roll out about half an inch thick, place it over the fruit, make several incisions to allow the steam to escape, and bake in a moderate oven. In serving, cut the crust in pieces as for pie, put the fruit on the top, and cover with whipped or plain cream.

Whipped Peach Cream in Baskets

BEAT the whites of four eggs until very stiff, then mix in by degrees four level tablespoonfuls of powdered sugar, next add two tablespoonfuls of rich peach syrup, drained from preserved peaches, and stir in lightly one pint of sweet cream. Whisk to a stiff froth. Everything should be very cold before beginning, and keep the bowl containing the cream in a pan of cracked ice while whipping the ingredients. Have ready round individual sponge cakes, scoop out the centre until the walls and bottom are only three-fourths of an inch thick, and just before serving fill with the peach cream. Brush the outside of the basket with white of egg, and stick all over it halved English walnut meats or pecans.

Prune Soufflé

CHOP fine twelve large prunes. Crack the stones of five, remove the meat, chop, and add to the prunes. Whip to a stiff froth the whites of four eggs, adding gradually a cupful of powdered sugar. Whip until the froth is perfectly stiff and firm. Then fold in the chopped prunes carefully, and

put into baking-dish. Sift powdered sugar lightly over the top, and bake in a moderate oven for about half an hour or until brown. When done put aside to cool.

Perfect Meringue

BE sure the pudding or pie is cold before attempting to spread on a meringue. If you have store eggs, select those having dull, rough-looking shells, as shiny shells are never fresh. The whites of two eggs will cover an ordinary pudding. Separate the white from the yolk by holding the small end down and breaking the egg through the middle. If a tiny bit of yolk falls into the white, remove with a piece of the shell. Beat stiff, then add one tablespoonful of granulated sugar, a little at a time. Sprinkle over one-half teaspoonful vanilla or lemon flavoring. The more you beat the better the meringue. Dip a teaspoon in cold water, then in the egg, and drop in little mounds on the pudding. When it is a delicate brown, remove from the oven but leave it in the kitchen or in a warm room for one hour before setting it away. Meringue made this way never fails and is good the next day.

Genuine Yorkshire Pudding

BEAT thoroughly two eggs, yolks and whites together, six tablespoonfuls flour, salt to season, and milk, until the whole is the consistency of thick cream. Pour into a roasting-pan and bake in the drippings from the roast, or heat to the boiling point one tablespoonful of lard or drippings, and bake in this twenty minutes. Serve with roast beef and gravy.

Yorkshire Mince

PREPARE the batter as in the preceding recipe; bake it in two shallow pans. Have ready a mince of veal, mutton, beef, or ham, nicely seasoned and moistened with a good gravy. When the cakes are removed from the oven spread the mince on one and cover it with the other. Cut in squares with a sharp knife or serve whole, as desired.

Gelatin Blanc Mange

ONE-HALF cupful of gelatin dissolved in three-fourths cupful of warm water; scald one pint of milk, add the yolks of four eggs, one-half cupful of sugar, let boil one minute, remove from the stove, add the whites of the eggs beaten stiff, and one teaspoonful of vanilla. Mould; chill; serve with cream.

Strawberry Sponge

COVER half a box of gelatin with a little cold water and let soak for half an hour; pour over half a pint of boiling water, add a cupful of sugar, stir until dissolved, mix in a pint of strawberry juice, strain into a tin pan, stand on ice and stir until thick. Beat to a froth, add the stiffly beaten whites of four eggs, stir all together until smooth, turn into a fancy mould and set aside to harden. Serve with cream.

Strawberry Bavarian Cream

ONE cupful of strawberry pulp and juice, one-half cupful of sugar, one pint of cream, the juice of half a lemon, one-half box of gelatin, one-half cupful of cold water. Soften the gelatin in the cold water, and stand in hot water to dissolve. Add the strawberries and lemon juice, add sugar, and stir until dissolved; let cool. When it begins to thicken fold in the whipped cream, and turn into a mould wet with cold water.

Strawberry Cream

HULL a pint of very ripe strawberries, lay them on a fine sieve, and sprinkle with powdered sugar. Put half an ounce of gelatin in a granite saucepan with cold water to cover, two ounces and a half of powdered sugar and the juice of a lemon; let dissolve, then mix over a gentle heat. Press the strawberries through the sieve; strain the gelatin in and set to cool; when cold add half a pint of whipped cream and stir the whole very lightly. Set on ice until firm.

Watermelon Blanc Mange

FOUR tablespoonfuls of cornstarch, one quart of sweet milk, melt cornstarch with a little of the cold milk. Put balance of milk in double boiler and when it boils add the melted cornstarch with four tablespoonfuls of granulated sugar. Cook until done and thick, pour contents into three bowls, placing a little more than one-half in one bowl, dividing balance equally in other two bowls. In the largest quantity add red fruit coloring and a teacupful of cleaned currants that have been cooked a few minutes, the water poured off, and thoroughly cooled, flavoring this portion with strawberry flavoring. Flavor the other two parts with lemon flavoring; to one of these two portions add green fruit coloring, rinse small moulds or teacups in cold water, then pour in first the green, second the white, and last the pink. When cold and firm turn out in small glass dishes and serve with whipped cream.

Chocolate Blanc Mange

COVER an ounce of gelatin with water. Boil one quart of milk, four ounces of chocolate, and twelve ounces of sugar five minutes. Add the gelatin and boil five minutes longer, stirring constantly. Flavor with vanilla, and pour into moulds to cool. This dessert may be served with sweetened cream or a rich custard sauce.

Fruit Jelly in Cups

ONE heaping tablespoonful of gelatin in one cupful of cold water. When dissolved, in about ten minutes, add two cupfuls of boiling water, juice of two lemons, and one small cupful of sugar. Stand in refrigerator until it begins to thicken; then put into lemonade glasses with strawberries, cubes of preserved pineapple, and small bits of orange mixed through it, or any other combination preferred. Put in refrigerator again until chilled.

Queen of Trifles

PREPARE a mixture of seeded raisins, chopped nut meats, and diced candied fruits, using equal parts of each. Into the bottom of as many sherbet glasses as are needed, put a macaroon, first dipped in sherry wine or maraschino cherry liquor, then cover with a layer of the fruit mixture. On top of this put sponge cake or ladyfingers spread with grape jelly, then sprinkle with the fruit. Beat the yolks of six eggs and half a cupful of sugar until light, add gradually a quart of rich, new milk, heated almost to boiling, and cook over hot water until the mixture coats the spoon. Take from the stove and add vanilla to flavor. When sufficiently cool pour the custard over the contents of the sherbet glasses. Chill on ice. For serving cover with sweetened whipped cream sprinkled generously with macaroon crumbs.

Peach Trifle

PUT a layer of sliced and sweetened peaches in a deep glass dish and cover this with a thick layer of sponge cake crumbs. Pour over this a soft, rich custard while yet warm, reserving the whites of two eggs, to which add two tablespoonfuls of white sugar, and beat until perfectly stiff. Spread this over the custard and keep on ice until time to serve.

Apple Glacé

PEEL and core some apples, lay them in a baking-dish, and pour over them a half-cupful of cold water; put in a hot oven and when they begin to cook sift granulated sugar over them. Cook until soft, but not until they lose their shape. Make a syrup of a cupful of sugar a half-cupful of water, and a tablespoonful of lemon juice; add to the syrup two tablespoonfuls of blanched almonds, cut in bits, two tablespoonfuls of chopped raisins, two of chopped candied cherries. Put these into the syrup and pour over apples,

Maple Cream

BOIL one cupful of maple syrup and yolks of three eggs, well beaten, until it is thick; add one pint of stiffly beaten cream and the beaten whites of the eggs. Fill two one-pound baking powder cans, if there is no other mould, and pack in salt and ice for about three hours before serving. When ready to serve dip quickly in hot water, wipe dry, open, and cream will come out solid.

Peach Cups

ARRANGE halves of peaches on a pretty dish and fill with cubes of wine jelly; or fill the cavities of each peach with some macaroon crumbs and a few candied cherries mixed into whipped cream. Sprinkle a faint dash of nutmeg over the top.

Peach Bisque

ONE can of peaches boiled till soft; add sugar to suit taste. When cool add one pint of whipped cream and one heaping tablespoonful of gelatin, previously dissolved in a little hot water, a little salt, whites of two eggs well beaten. Beat thoroughly and turn into a mould. Let stand over night in a cold place. At serving time turn out, and garnish with candied cherries and piece of sugared ginger.

Peach Kisses

HAVE ready twelve fine ripe peaches, pared, halved, and stoned. Boil one pint of sugar and one-half pint of water until it is brittle. Dip the halved peaches, one after another, into this syrup, and set away on an oiled dish in a cold place to harden. While they are hardening, whip the whites of four eggs until perfectly stiff, mix lightly in four tablespoonfuls of powdered sugar and two tablespoonfuls of blanched and coarsely chopped almonds. Drop in large spoonfuls in a pan of boiling water, cook for a minute or two, then lift out carefully and place on a large plate. Fill each of the peach halves

with this mixture, rounding the tops slightly, and keep in a cold place until time to serve. Another delicious way is to fill the peaches just before serving with ripe red raspberries, sprinkle lightly with sugar, heap over the meringue, and serve immediately. All the ingredients should be very cold.

Charlotte Russe

SOAK two tablespoonfuls of gelatin in enough cream to cover it. Whip one pint of cream as stiff as possible, also whip the whites of four eggs to a stiff froth; add one-third cupful of powdered sugar to the eggs, also a teaspoonful of vanilla; add the eggs to the cream and then the gelatine, which must be warm. Line a dish with ladyfingers or small pieces of sponge cake, pour in the Charlotte Russe, and place in a cold place. Let it stand for four or five hours. It can be served in the same dish or poured on another.

Strawberry Sponge Cake

BEAT the yolks of six eggs with half a pound of powdered sugar until very light, then fold in carefully the well-beaten whites of six eggs, and add slowly a cupful and a half of sifted pastry flour. Bake in three layers. While this is baking, boil together one cupful of sugar and a quarter of a cupful of water until it spins a thread. Pour the syrup while hot over the well-beaten whites of two eggs, and beat until stiff and cold. When the cakes are cold put one on the serving-dish, cover over with a thick layer of this filling, then cover thickly with strawberries, then another cake, more of the filling, more strawberries, and at last the upper cake. Put a thinner layer of the soft filling and cover thickly with very large berries. May be served with or without whipped cream.

Quince Charlotte

LINE with macaroons a mould or tin baking-dish which has been spread on the inside with beaten quince jelly. Beat one pint of cream until quite solid, add a third of a cupful of sugar,

and vanilla flavoring. Fill into the mould, pack in ice and salt three hours, and serve with quince syrup.

Apple Float

PARE two good-sized tart apples. Beat the whites of four eggs to a stiff froth; add four tablespoonfuls of powdered sugar, and beat until fine and dry. Grate the apples into this mixture a little at a time, beating all the while. Have ready a good-sized glass dish partly filled with whipped cream; heap the float by tablespoonfuls over the surface, and dot here and there with candied cherries.

Sherried Figs

STUFF one dozen washed figs with finely chopped Brazilian nuts, crystallized orange peel, and the soft part of one or two figs. Make an incision in the side of each and fill to plumpness with this mixture. Lay the figs in an omelet pan and pour over the following mixture: One cupful sherry wine, one-third cupful sugar, one-fourth cupful lemon juice. Cover and simmer until figs are tender. Turn and baste them often. Chill. Serve with dainty sandwiches made of thin slices of sunshine cake spread with orange marmalade, and a cup of chocolate. The foregoing combination, with the addition of bons bons, makes a dainty and uncommon menu for an afternoon bridge party or other similar entertainment where light refreshments are desirable.

Marshmallow Pudding

SOAK two dozen marshmallows, cut in halves, four hours in cream. Cut an angel-food in half, crossways, and spread a portion of the marshmallows on the lower half, the rest on the upper half. Put between the layers and on top of the cake whipped and flavored cream and decorate with candied cherries or any other candied fruit or blanched almonds.

Lemon Cream

BEAT the yolks of four eggs with five tablespoonfuls of sugar, the juice and rind of one lemon, and three tablespoonfuls of hot water. Cook until thick, then fold in the whites of the eggs beaten stiff with two tablespoonfuls of sugar. Line a dish with ladyfingers sprinkled with sherry, pour on the cream, and serve very cold.

Claret Jelly

BOIL together for ten minutes one-half pound of sugar, one bottle of claret, the juice and rind of one lemon, a small glass of currant jelly, one-half of a box of gelatin. To this add one tablespoonful of brandy, strain and stand in a cool place. It may be cooled in moulds. May be served with or without whipped cream.

Lemon Gelatin

To one cupful of sugar add a pint of water and allow it to boil twenty minutes. Before making the syrup, put two tablespoonfuls of granulated gelatin to soak in half a cupful of cold water. Pour over it the boiling syrup, add half a cupful of lemon juice and the grated rind of one lemon. Strain through fine cheesecloth into a wet mould and allow it to set.

Nut Grape Juice Gelatin

DISSOLVE one-half package of gelatin in half a cupful of water, pour same into one pint of boiling grape juice sweetened to taste. When half congealed stir in five cents' worth of shelled walnuts, then pour in mould and set in cool place till fully congealed. Serve with whipped cream.

Cider Gelatin

ONE-HALF package of gelatin, scant measure, one-half pint of sugar, one and one-half pints of cider. Soak the gelatin in half a pint of the cider for two hours. Heat the rest of

the cider to the boiling point and pour on the soaked gelatin; add the sugar and place the bowl in a pan of boiling water; stir until the liquid is clear, then strain, pour into a mould, and set away to harden. Delicious with meats or with whipped cream as a dessert.

Salmagundi Gelatin

ONE cupful nut meats broken into small pieces, two bananas sliced, the juice of one lemon, one-half can grated pineapple; soak one-half box gelatin in one-half cupful cold water for one-half hour, add one pint boiling water, and one-half cupful sugar; strain at once. Let stand until it begins to thicken, and mix with first mixture; add well-beaten whites of four eggs; serve with whipped cream.

Fruit Gelatin

COVER one box of gelatin with half a pint of cold water and soak for half an hour. Chop and drain one quart can of peaches. Add to them the juice of four oranges, two sliced bananas, and half a cupful of sugar. Add to the gelatin one pint and a half of boiling water. Stir for a moment and pour it over the fruit. Turn into a mould and stand in the refrigerator over night. When ready to serve turn out on a pretty china or glass dish. Serve with plain or whipped cream. Garnish with candied cherries.

Pineapple Gelatin

ONE can of pineapple sweetened to taste, mixed with one-half box of gelatin soaked in cold water. Beat in a pint of whipped cream, turn into a mould, serve very cold. This will serve eight persons.

Apple Charlotte

PARE, peel, and quarter ten tart apples, put in a saucepan with two cupfuls of sugar and one-half pint of water. Cook gently till clear. Put in a baking-dish with slices of stale

sponge cake. Spread with currant jelly. Set in a moderate oven for one hour, turn out carefully, and serve with whipped cream.

Porcupine Apples

PEEL, core, and bake apples; baste them with a sugar syrup. When cold, stick full of blanched almonds, and serve icy cold with whipped cream.

Strawberry Tapioca

WASH and soak a cupful of tapioca. Put over the fire with a pint of boiling water, let simmer slowly until clear. Hull a quart of strawberries, stir into the boiling tapioca, sweeten, take from the fire, turn into a dish and set aside to cool. Serve very cold with sugar and cream.

Delicious Fruit Dessert

In each sherbet cup put a large tablespoonful of rich cream and two half peaches. Beat the whites of two eggs to a stiff froth; add one-half glassful currant jelly, and beat until stiff. This serves six. Put this on top of peaches. Set in a cool place to get thoroughly chilled. Other fruits and jellies may be used.

Peach Foam

PARE and cut up half a dozen peaches, strain through a sieve, and mix the pulp with powdered sugar, enough to sweeten. Beat the whites of three eggs to a stiff froth, add to it the peach pulp, and beat until thick, smooth, and velvety. Pour into a mould, which must be placed on ice. Serve with sweetened, whipped cream.

Marshmallow Whip

WHIP one cupful of cream and add one-half cupful of sliced pineapple diced, one banana sliced, one orange sliced,

and one cupful of walnut meats cut small. Allow two marshmallows cut into four pieces to each sherbet glass. Serve very cold.

Spanish Cream

INTO a double boiler put one quart of sweet milk, and stir into it about one-half box gelatin. As the milk gets heated stir gently, and the gelatin will dissolve. Then beat the yolks of three eggs and a cupful of sugar together, and when the milk is boiling stir in the sugar and eggs. Remove from the fire and flavor with vanilla extract to suit the taste; then stir in the whites of the eggs, which have been beaten, and pour into small cups to mould; before doing so rinse out the cups with cold water. Before pouring in place two or three candied cherries in the bottom of each cup. The gelatin will settle at the bottom and be clear, so that when they are turned out cherries will be on top.

Rice Meringue

BOIL one cupful of rice in a pint of water until tender, drain, and add to one pint of milk or cream, then stir in two ounces of butter and the yolks of four eggs, beaten with one cupful of sugar, add the grated yellow rind and juice of one lemon. Turn this into a baking-dish, bake for half an hour. Beat the whites of the eggs to a stiff froth, add four tablespoonfuls of powdered sugar, and beat until stiff and white; heap over the pudding, dust thickly with powdered sugar, brown, and serve quite cold.

Caledonia Cream

TAKE the whites of six eggs and whip until very stiff, adding a little at a time six tablespoonfuls powdered sugar, beating constantly for twenty-five or thirty minutes. Take a small glass of jelly or the same amount of jam, and beat into the eggs for fifteen minutes more. Serve with rich cream, flavored with vanilla.

Whipped Cream Pudding

To one pint whipped cream add two tablespoonfuls sugar; beat until stiff. Dissolve one package of gelatin with three-fourths cupful boiling water. When cold add to whipped cream, to this add green grapes cut in half, or any fruit cut fine, and chopped walnuts. Mix all together well, and set aside for half-hour to cool. This will be sufficient for six persons.

Orange Pudding

MAKE a thick custard by cooking two tablespoonfuls cornstarch with one pint milk in a double boiler for twenty minutes, then adding the beaten yolks of two or three eggs and last, one-fourth cupful of sugar. Have ready three oranges cut up and sweetened. Put these in a dish and pour the custard over. A meringue can be made from egg-whites and placed on top.

Cream Blanc Mange

TWO cupfuls of sweet cream, and one-half ounce of gelatin soaked in a little cold water, one-half cupful of powdered sugar, one teaspoonful of vanilla, one glass of white wine. Heat the cream to boiling, stir in the gelatin and sugar, and as soon as they are dissolved, take from the fire, beat until very light, flavor, and add the wine by degrees, mixing it well. Put in moulds wet with cold water.

Macaroon Creams

PUT twelve macaroons into a glass dish, sprinkle with three teaspoonfuls of sherry. Cook two cupfuls of cream or rich milk, one-quarter of a cupful of sugar, and two tablespoonfuls of arrowroot, dissolved in cold milk gently for fifteen minutes. Cool, and pour over the macaroons. Keep in the ice box.

Jellied Figs with Whipped Cream

1½ dozen figs.
1 cupful liquor.
1 tablespoonful granulated gelatin.
¼ cupful water.
½ cupful sugar.
The juice of one lemon.
½ cupful sherry wine or orange juice.

Cook the figs in boiling water to cover. When the skins are tender drain the figs from the liquid, strain the latter. There should be one cupful. Soak the gelatin in the cold water, dissolve it over hot water, and add to the fig liquor; add sugar, stir until dissolved and the mixture is cool, then add the juice of the lemon and sherry. Strain again into a shallow dish or ring mould, or over fruit, and chill. Add one-third powdered sugar to one cupful of whipped cream and one-fourth teaspoonful orange or vanilla extract. Whip until stiff. When the jelly is cold dispose it on a pretty serving platter, arrange the figs in the centre, if jelly is moulded plain, and garnish with the whipped cream.

Cherry Tapioca

Soak four tablespoonfuls of tapioca in a pint of water until the water is all absorbed. Add the juice from a pint of stoned cherries and another small cupful of water to the tapioca, and cook gently fifteen minutes in a double boiler. Stir in enough sugar to make it very sweet, then add one pint of pitted cherries, and boil five minutes longer. If the fruit is not very juicy rather more than a cupful of water may be required. When done turn out to cool, then set on ice to get very cold, and serve with plain or whipped cream.

Fig Tapioca Pudding

Cook until clear three tablespoonfuls of granulated tapioca in two cupfuls of water with one teaspoonful of butter. Stir constantly. Chop one-half pound of figs very fine, add

one cupful of water and one cupful of sugar. Cook until smooth and thickened; take from the stove, and mix with the tapioca, adding one-half teaspoonful of vanilla. Serve cold in sherbet glasses with whipped cream on top.

Cherries in Jelly Mould

To one pint of juice drained from stewed cherries, add sugar to make quite sweet, and let it come to a boil. Dissolve one tablespoonful of granulated gelatin in cold water to cover, pour over it the boiling hot cherry juice, and strain into a border mould. Set aside to become firm, then turn out carefully on a low glass dish, fill the centre with pitted, sweetened cherries, and heap over all whipped cream. This is delicious.

Ivory Cornstarch Pudding

Two cupfuls scalded milk, four tablespoonfuls corn starch, one-eighth teaspoonful salt, five tablespoonfuls sugar, three egg whites, one-half teaspoonful vanilla. Mix cornstarch, sugar, and salt, add scalded milk, stirring constantly, until mixture thickens; cook thirty minutes in double boiler, stirring occasionally. Add the whites of eggs, beaten stiff, mix thoroughly, add flavoring. Pour into a wet mould, chill, and serve with cold sweet cream.

Pineapple Pudding

One can of shredded pineapple, one-fourth box of gelatin, five eggs, whites only, one pint of whipped cream, one pint of water, one cupful of sugar. Drain the syrup from the fruit, pour one-half the water over the gelatin and allow to stand thirty minutes, then pour in the syrup, sugar, and remaining water in the gelatin, place on the fire, and allow to come to a boil, only; pour over the eggs, which have been whipped stiff, and fruit, beat for twenty minutes. Put into a mould, keep on ice, and at serving time cover the top after taking out of the mould with whipped cream.

Hominy Blanc Mange

PUT one scant cupful of fine hominy in a double boiler; add one cupful of milk, and cook, adding more milk as needed, until four cupfuls have been used, stirring frequently. When thoroughly cooked, add a slight seasoning of salt, one-quarter of a cupful of sugar and one teaspoonful of vanilla. Turn into a wetted mould and set aside. Serve very cold with cream and sugar.

Cornstarch Meringue

SCALD one pint of milk, add two scant tablespoonfuls of cornstarch mixed to a smooth paste with cold milk, stir until smooth and thick, cover, and cook for half an hour. Beat together the yolks of three eggs, two tablespoonfuls of sugar, and one-quarter of a teaspoonful of salt; add to the cornstarch and stir for five minutes, then flavor, and turn into a pudding-dish. Cover with a meringue made by whipping the whites of the eggs to a stiff froth with three tablespoonfuls of powdered sugar; dust with a little more sugar, and put into a moderate oven until pale brown. Serve cold.

Cranberry Sponge

SOAK one-half of a box of granulated gelatin in one-half of a cupful of cold water. Pick over and wash one pint of cranberries, put into a saucepan with one-quarter of a cupful of cold water, cover closely, and cook until the berries burst, then rub through a sieve. Measure and add more boiling water, if needed, to make one pint of thin pulp. Return to the fire, and when almost boiling, add sufficient granulated sugar to make very sweet — this will take two cupfuls or more according to the acidity of the fruit. Stir for a moment, add the softened gelatin, stir until thoroughly dissolved then take from the fire and set aside. When cold and beginning to

thicken add the whites of four eggs whipped to a stiff froth, and continue whipping until the mixture is very thick and spongy. Turn into a wetted mould and stand in a cold place until firm.

Apple Snow Pudding

PARE and quarter six apples and cook them with a little water until tender enough to beat to a pulp. Add some lemon peel to the water while they are cooking. Let this cool a little, while you beat stiff the whites of five eggs. Mix about four ounces of powdered sugar with the apples and add the eggs, beating until the mixture is firm enough to stand by itself. Cut some sponge cake into small rounds and heap up the snow on the separate pieces. If you have no suitable cake at hand, put the snow in a glass dish or in little glass cups or tumblers. Garnish with tiny pieces of currant or apple jelly.

PUDDING SAUCES

Lemon Sauce

BOIL together one-half pound of sugar, one and one-half ounces of butter, one-quarter cupful of water, and the juice and rind of one lemon. Beat into this the yolk of one egg and when cool add the white of one egg beaten stiff.

Good Pudding Sauce

BEAT together four tablespoonfuls of sugar and four ounces of butter; stir in one cupful of boiling water; flavor with one teaspoonful of almond extract.

Foaming Sauce

BEAT the whites of three eggs, melt one cupful of sugar in a little water and boil, stir in one wineglassful of wine and the eggs.

Hard Sauce

BEAT one cupful of butter to a cream; gradually beat in two cupfuls of sugar, and when very light, beat in the whites of one or two eggs, beaten dry. Dispose on a flat dish and grate a little nutmeg over it.

Liquid Sauce

BOIL two cupfuls of sugar and one cupful of water six or eight minutes; stir in three level teaspoonfuls of arrowroot, mixed with a little cold water, and let simmer five or six minutes, then add half a cupful of candied cherries, cut in halves, and one-fourth of a cupful of blanched pistachio nuts, cut in quarters. Flavor to taste.

The Making of Custards

CUSTARDS should be cooked slowly over a moderate fire to prevent the egg separating from the milk. They are the basis for many delicious desserts and are especially healthful for children.

Plain Boiled Custard

PLACE one pint of milk in a double boiler, heat, beat the yolks of three eggs with a cupful of sugar, and add very gradually to the milk. When it begins to thicken, remove from the fire, stir until it is the required thickness, and add the flavoring when cold. This can be flavored and colored with one tablespoonful of grated chocolate or cocoa.

Floating Island

ONE quart of milk, four eggs, whites and yolks beaten separately, four tablespoonfuls of sugar, two teaspoonfuls extract of vanilla, one-half cupful of currant jelly; heat milk to scalding, but not boiling; beat the yolks, stir into them the sugar, and pour upon them gradually, mixing well, a cupful of the hot milk; return to saucepan and boil until it begins

to thicken; when cool, flavor and pour into a glass dish; heap upon the top meringue of whites, whipped, into which jelly is beaten, a teaspoonful at a time.

Pineapple and Chocolate Custard

PARE a small ripe pineapple and cut it in small pieces. Sprinkle it thickly with sugar, put it in a glass dish, and set in a cold place for several hours. Put a pint of milk in a double boiler, and when it is scalding hot stir in two tablespoonfuls of cornstarch and three tablespoonfuls of grated chocolate which have been mixed to a smooth paste with a little cold milk. Stir and cook until it begins to thicken, then add the yolks of two eggs beaten with four tablespoonfuls of sugar. Cook a few minutes longer, then remove from the fire, and stir in one teaspoonful of vanilla extract. Set the custard aside until it is cool, then pour it over the prepared pineapple, and set all on ice until very cold. Beat the whites of the eggs to a stiff froth with two tablespoonfuls of powdered sugar, and heap over the top.

Peach Custard

PARE and rub through a colander enough ripe juicy peaches to make one pint of pulp, add the beaten yolks of three eggs, one cupful of cream or rich milk, and sweeten to taste. Bake very slowly until done, and cover with a deep meringue made by whipping the whites of the eggs with three tablespoonfuls of powdered sugar and two tablespoonfuls of blanched almonds chopped very fine.

Boiled Custard in Cups

ONE and one-fourth cupfuls of hot scalded milk, one or two teaspoonfuls of cornstarch, one-fourth of a cupful of cold milk, yolks of two eggs, one-fourth cupful of sugar, one-fourth teaspoonful of salt, one-half teaspoonful of vanilla extract or grating of lemon or orange rind. Mix the cornstarch with the cold milk and stir; cook in the hot milk

until smooth and slightly thickened. Cover and let cook ten or fifteen minutes. Beat the yolks; add the sugar and salt, and beat again, then stir into the hot mixture and continue stirring until the egg looks set, then remove from the fire; add the vanilla when cold. Cook the fruit rind in the milk.

Baked Custard

TAKE the yolks of four eggs, three cupfuls of milk, and three tablespoonfuls of sugar, mix well and put in individual custard cups. Bake in a pan of water till set. The whites of eggs may be used for the top of boiled custard or on the top of baked custard. Both may be garnished with jelly cubes.

Orange Custard

SLICE oranges, four for six persons, into boiled custard made of the yolks of three eggs, a pint of milk, and a half teacupful of sugar. Make a meringue of the whites and half a teacupful of sugar. When the custard is cool spread the meringue over the top, brown in the oven, and set away for an hour to cool.

Caramel Custard

ONE cupful of granulated sugar browned in the oven; one quart boiling milk poured over the sugar; stir well till all the sugar is dissolved. When cool add the yolks of six eggs, one teaspoonful of flavoring vanilla. Bake in a pan of water. Make a frosting of the whites of the eggs and two tablespoonfuls of powdered sugar. Spread this over the custard when baked, and then return to the oven to brown.

Individual Custards

INTO each individual custard cup put the yolk of one egg; add one heaping teaspoonful of sugar, two gratings of nutmeg, and five tablespoonfuls of sweet milk. Incorporate thoroughly and set the cups in a pan of hot water. Bake in

a moderate oven until firm. When cool, cover with meringue, using the whites of the eggs for this purpose, and allow one tablespoonful of powdered sugar to the white of each egg. Through the very tip top of each snowy mound drop a teaspoonful of orange marmalade.

White Cup Custards

PUT three cupfuls of thin cream or very rich milk over the fire to scald; add three tablespoonfuls of sugar and stir until dissolved, then set aside for five minutes. Whip the whites of five eggs just enough to thoroughly break the stringiness, gradually mix with them the partly cooled cream, add one teaspoonful of vanilla or any desired flavoring, and pour into custard cups. Set the cups in a pan partly filled with warm water and place in a moderate oven till firm in the centre; serve very cold.

Custard Rice Pudding

ONE-FOURTH of a cupful of rice, one cupful of milk, one-third cupful of sugar, one-fourth cupful of raisins or currants, one egg and yolk of another, one-third of a cupful of milk, one-half teaspoonful mace or nutmeg. Blanch the rice and cook till tender in the cup of milk; add the fruit, the egg, beaten and mixed with the sugar, the spice, and half-cupful of milk; mix thoroughly and turn into buttered and sugared moulds. Bake as all custards. Serve, turned from the moulds, with wine, orange, or currant jelly sauce.

Meringue for Custard

WHISK the whites of two eggs very stiff, add a little sugar, and let the mixture drop a spoonful at a time into a pan of boiling water and remain one minute. Skim out and put on a sieve to drain. Whisk the whites of two more eggs, color pink with fruit coloring, and put in hot water as above. When ready to serve, pile the pink and white float upon the custard

Macaroon Charlotte

PUT through the chopper one-quarter of a pound of stale dry macaroons. Soak one-quarter of a package of gelatin in four tablespoonfuls of cold water. Make a boiled custard with three eggs, a half-pint of milk, a pinch of salt, and one-third of a cupful of sugar. Take from the fire when thickened, add the gelatin, stir until dissolved, strain, and set aside. Whip one cupful and a half of thick sweet cream to a solid froth. When the custard thickens beat in the crumbled macaroons, one tablespoonful of vanilla, and two tablespoonfuls of sherry; lightly stir in the whipped cream and turn into a serving-dish.

Date Custard Pudding

MAKE a custard with two eggs well beaten, two cupfuls of milk, two tablespoonsful of sugar, and mix with four cupfuls of dry bread crumbs or bread cut in small dice. Add three-fourths of a cupful of stoned and chopped dates. Mix well and bake in a quick oven. Serve with cream.

Cheese Custards

SIX tablespoonfuls of grated cheese, two of butter, four eggs, one cupful of milk with a teaspoonful of cornstarch stirred into it, salt and pepper to taste. Beat the eggs very light and pour upon them the heated milk (with a pinch of soda), having thickened with the cornstarch. While warm add butter, pepper, salt, and cheese. Beat well and pour into greased custard cups. Bake in a quick oven about fifteen minutes, or until high and brown. Serve at once as a separate course, with bread and butter, after soup or before dessert.

Apple Dumplings

MAKE a soft dough; peel and core tart apples; wrap each apple in the dough, drop in boiling water; serve with sauce.

Baked Apple Dumplings

MAKE as for steamed dumplings; put in pan so as not to touch; bake brown. Serve with cream sauce.

Steamed Apple Dumplings

MAKE a good baking powder crust, peel and core tart apples, fill the cavity in apples with sugar, wrap each in the dough, and steam one hour. Serve with butter and sugar sauce.

Peach Dumplings

MAKE the same crust as for apple dumplings. Use canned peaches, put a little piece of butter with same and a little sugar, cover in dough, and bake. Serve with foaming sauce.

Apple Slump

PARE, core, and quarter four good-sized tart apples; put them into a stewing-pan with a pint of water; add four tablespoonfuls of sugar; cover the pan and stew until tender. While they are cooking put a pint of flour into a bowl; add halt a teaspoonful of salt and a teaspoonful of baking powder; mix thoroughly. Add two-thirds of a cupful of milk, or sufficient to make a moist dough; roll out to the thickness of one inch, cut it into small biscuits, place closely over the top of the apple. Cover the saucepan, and cook slowly for fifteen minutes without lifting the lid. Dish the dumplings around the edge of a platter and put the apple sauce in the centre.

XIII.—FROZEN DESSERTS, CREAMS, ICES, SHERBETS, PARFAITS, MOUSSÉS, AND FRAPPÉS

BREAK the ice into very small pieces. Three cupfuls of ice to one of rock-salt is a very good proportion. The inside can must be kept scrupulously clean. After being frozen, ice-cream should be packed and left several hours before serving. The water must be poured off, the salt may be dried and used again. If a fancy ice-cream is made, when the plain cream is partly frozen, cut it down from the sides of the can and then add the fruit or whatever filling is used. Never put the liquid into the can till cold, and if the recipe calls for any liquor do not put it in until the mixture is well frozen, for alcohol will not freeze. When candied fruit is used, always soak it first for several hours in wine or brandy, then add it just before the cream is frozen.

Ice-creams and water-ices are well-known frozen desserts, but the distinction between others is not always easily made.

A *frappé* is a water-ice frozen soft till it is about the consistency of mush. It is served in small sherbet or punch glasses, and is used at receptions, dances, and teas. In freezing a *frappé* one-half ice and one-half rock-salt make the correct proportions.

A *parfait* is simply a very rich ice-cream frozen without stirring.

Mousse is a mixture containing gelatin, and also frozen without stirring.

Sherbet is an Oriental drink composed of the juice of fruit diluted, sweetened, and flavored, as lemon, orange, or raspberry sherbet. Sorbet is another name for sherbet.

In using berries or fruit juice, the rule is one cup of juice or berries to one quart of cream. This rule holds good for rolled macaroons, shredded cocoanut, and chopped nut meats.

Plain Foundation Ice-Cream

PUT two cupfuls of milk in a double boiler, add two-thirds of a cupful of sugar, one teaspoonful of butter, cook five minutes, and then add one tablespoonful of flour dissolved in a little cold milk, and simmer for twenty minutes. Stir this slowly into the slightly beaten yolk of one egg, replace in a boiler, and cook one minute. Pour through a strainer into a bowl, and beat till cold. Into this put one tablespoonful of any desired flavoring, two-thirds of a cupful of whipped cream, and the white of one egg beaten stiff.

To make variety, when half frozen add one cupful of orange marmalade, or one cupful of blanched almonds, ground fine and browned in the oven, one cup of mashed bananas, or musk-melon, or a cup of preserved ginger cut in bits.

A delicious novelty is to add one cupful of Boston brown-bread crumbs browned in the oven or one cup of "burnt almond" candy pounded fine. A very rich cream is made by using one more egg and a full large cup of cream, omitting the flour.

Plain Vanilla Ice-Cream

STIR one quart of good cream, one-half pound sugar, and two teaspoonfuls of vanilla, until dissolved. Strain through a fine muslin and freeze, stirring rapidly. This serves six persons bountifully.

Cherry Ice-Cream

PUT one pound of granulated sugar and one-half pint of water in a saucepan over the fire. Stir until the sugar is all dissolved, then let the syrup come to a boil. Drop in gently one quart of white cherries, pitted, and let simmer fifteen minutes. Strain carefully, and when the syrup is cold add one quart of sweet cream, and freeze. When it gets rather thick remove the dasher, beat well with a wooden paddle, and stir in the fruit. Pack and let stand three or four hours to ripen.

Prune Ice-Cream

STIR one and one-half cupful of fine granulated sugar into three pints of cream; add one and one-half tablespoonfuls vanilla, blend thoroughly, chill, and pour into the freezer. When half frozen, add one small cupful of stewed prunes, stoned and chopped fine.

Peach Ice-Cream

PUT a pint of rich cream in a saucepan, let it boil; add three-quarters of a pound of sugar and stir until dissolved; take from the fire and mix with a pint of sweet cream; let cool; and freeze. Pare and mash a dozen very ripe, soft peaches, and stir quickly into the frozen cream, freeze rapidly for five minutes longer; remove the dasher, repack the tub, and stand aside two hours before serving.

Banana Ice-Cream

SCALD one pint of milk in a double boiler; add one teaspoonful of flour dissolved in a little cold milk, and cook for twenty minutes; beat together three eggs and one and one-half cupfuls of sugar, add a little of the cooked milk, and stir into the double boiler. When the custard is just thick enough to coat the back of a spoon, strain and set away; when cold, add one cupful of banana pulp, pressing the fruit through a potato masher, one pint of cream, and one tablespoonful of lemon juice, and freeze.

Ice-Cream Croquettes

INDIVIDUAL forms of ice-cream are rather expensive; try these as a substitute. Mould vanilla ice-cream which has been frozen very hard into small croquettes, using butter paddles which have been soaked in ice-water. Roll the croquettes in finely rolled macaroon crumbs, pack in a brick

mould with paraffin paper between each layer. Adjust the cover tightly, bury in salt and crushed ice until ready to serve with small fancy iced cakes.

Frozen Rice Pudding

TAKE one cupful of rice, boiled or steamed in milk, one and a half cupfuls of sugar, one tablespoonful of any desired flavoring, bit of salt, and to this add one cup of whipped cream. When very cold pack in a mould, and pack in ice for three or four hours. Serve with whipped cream flavored with maraschino. The cherries may be used for garnishing.

Frozen Apricots

DRAIN the liquid from one can peeled apricots; cut fruit in one-fourth inch cubes. Make a syrup by boiling two cupfuls sugar and one quart of water ten minutes, add liquid, and strain; add apricots, chill, and freeze. Serve the frozen apricot mixture in orange saucers. Select large oranges, cut them in halves crosswise, scoop out the pulp. With a punch make holes one-half an inch from the top edge and one inch apart around each saucer; place a daffodil in each hole and fasten the stem on the inside with the point of a small wooden skewer (toothpick), forming a solid wreath of blossoms around each saucer. Place each on a pretty plate covered with a dainty doily. Heap the frozen mixture in saucers and place a daffodil in centre of each portion; serve at once. This is especially suitable for a yellow color scheme, or for a golden wedding.

Orange Cups

STIR over the fire two cupfuls of granulated sugar and one cupful of water till dissolved; then let boil without stirring until the syrup spins a thread. Add one pint of orange juice and the juice of one lemon. Scald one cupful of cream, stir in beaten yolks of two eggs, cool, and mix with the syrup.

When thoroughly chilled add another cupful of cream, whipped, one-half teaspoonful of vanilla, and a touch of yellow color-paste. Freeze, and serve in glasses.

Frozen Bananas

CUT four large ripe bananas, red ones if they can be obtained, into very thin slices. Over them put the juice of one lemon and three-quarters of a cupful of sugar. Cover and set in the refrigerator for one hour. Add the grated peel of the lemon and two cupfuls of ice-water. Freeze.

Frozen Strawberries

MASH one quart of strawberries; add a cupful and a half of sugar and the juice of one lemon; stand aside for an hour, then add one pint of water; turn into a freezer and freeze as you would ordinary ice-cream. Turn the dasher slowly. Frozen strawberries may be served in punch glasses with a little whipped cream on top, or plain.

Frozen Peaches

PARE and remove the stones from very ripe, soft peaches; allow a pound of sugar to every pound and a half of fruit. Place the sugar in a saucepan with water to make syrup; let boil for five minutes, strain, and stand aside to cool. When cold, mix with the mashed peaches; freeze.

Frozen Strawberry Short-Cake

TAKE rich cup-cakes, slightly hollow them and fill with strawberry ice-cream capping with whipped cream and a big ripe berry. This is very pretty and delights children as well as grown people.

Frozen Egg-Nog

SEPARATE nine fresh eggs and beat the yolks until creamy and the whites until stiff. To the yolks add the sugar, one pint, beating as you add. Then add one quart of boiling hot

milk. Let this stand until cold. Now add one pint of cream, one-fourth pint best French cognac. Place in a freezer and freeze the same as punch. Serve in punch cups and top with whipped cream. This is always acceptable, especially during the holiday season, and may be used in place of punch at a Christmas dinner or supper party.

Frozen Cherries

BOIL to a thin syrup three-quarters cupful of sugar and one and a half cupfuls of water. When cool add one cupful of canned cherries with plenty of the juice, and the juice of one orange and half a lemon. When cold freeze. Add, if desired, a quarter of a cupful of sherry when the mixture is nearly hard.

Frozen Fig Pudding

PREPARE a custard as follows: Beat four egg yolks slightly, add one cupful of sugar, one teaspoonful salt, and three cupfuls scalded milk; strain and add one pound of figs finely chopped. When cool add one-half teaspoonful each of orange and vanilla extract and four tablespoonfuls cognac. Beat the whites of eggs until stiff and combine with one and a half cupfuls of heavy cream beaten until stiff. Add to first mixture and freeze. Fill a fancy mould with mixture. Pack in equal parts of salt and ice and let ripen several hours. Garnish each portion with a preserved skinless fig.

Peach Fluff

To make this to perfection pare ripe peaches of good quality, chop them in a wooden bowl with a sliver knife, and strain. To every pint of the juice allow one pint of water, six eggs, and one pound of sugar. Beat the eggs until light, then add them to the other ingredients and cook the whole in a double boiler until it becomes as thick as soft custard. Strain, set the dish in a pan of cold water and beat the mixture continuously until it becomes cold. Freeze and serve with cream slightly sweetened and flavored with peach.

Pineapple Bavarise

SOFTEN two level tablespoonfuls of granulated gelatin in half a cupful of water, then dissolve by letting the dish stand in hot water. Add the dissolved gelatin to one cupful and a half of grated pineapple, the juice of half a lemon, and half a cupful of sugar; stir in the water until the mixture begins to thicken, then fold in one cupful and a half of double cream, beaten solid. Turn the mixture into a mould, partially or wholly lined with paper; pack in ice. Serve unmoulded, with or without whipped cream.

French Fruit Cream with Sauce

HEAT two cupfuls of milk with one teaspoonful of butter or one-eighth teaspoonful of salt, and two inches of vanilla bean; pour this slowly over four egg yolks beaten with three-quarters cupful of sugar. Cook until the mixture coats the spoon, then strain, and beat until cool. Now add one-quarter of a cupful of syrup from a one-pint jar of mixed French or German fruits. Both are good. Add one cupful of cream, beaten stiff, and two egg whites, also beaten stiff. Freeze partly, then add the fruits cut into small pieces, pack the mixture in a mould, then in the ice and salt again, and let stand at least two hours. Unmould by plunging the mould for a moment in cold water; if it does not come out at once, plunge mould into hot water for an instant only. Serve surrounded with this sauce: Cook for a moment two tablespoonfuls of sugar in three tablespoonfuls of water, then pour this slowly into two egg whites beaten stiff. When cool add one-half cupful of whipped cream. One-half teaspoonful of vanilla or a grating of nutmeg and two teaspoonfuls of lemon juice make a good sauce. A variation of this cream and sauce can be made by using two yolks and four whites in the cream and serving with a yellow sauce like this: Beat the two yolks slightly, add two tablespoonfuls of sugar and three of water. Put this in a bowl, put bowl in boiling water, and cook until

thick, meanwhile beating constantly with an egg beater; when cool add the half-cupful of cream, beaten stiff. Flavor with lime juice or other fruit juice. This dessert — either the white or the yellow — is excellent made plain and served with the sauce. It should either be a yellow cream with white sauce, or white cream with yellow sauce, or it can be filled with nuts or macaroon crumbs or even with preserved tangerines or kumquats. The latter are very effective, indeed, for a yellow luncheon or dinner.

Cherry Biscuit

BOIL together a cupful of sugar and a cupful of water, and when the syrup threads, remove from the fire and beat until it is cool. Then beat in a pint of whipped cream, a cupful of candied cherries, cupful of blanched and chopped almonds, a tablespoonful of sherry, and a tablespoonful of vanilla. Turn all into freezer, and freeze.

Raspberry Cream

RUB one quart of red berries through a fine sieve, mix with one quart of cream, one-half pound of sugar, and freeze.

Pistachio Cream

POUND one-half pound of pistachio nuts and one tablespoonful of brandy to a paste. Mix with one quart of cream, the yolks of four well-beaten eggs, sweeten with half a pound of sugar, put over the fire and stir gently till it thickens. Add a tablespoonful of spinach juice if a real green color is desired. Freeze when cool.

Frozen Pudding

MIX well one-fourth cupful each of candied cherries, pineapple, pears, and apricots, cut in small pieces. Cover with brandy and let soak over night. This prevents fruits from freezing. Make a custard of two and one-half cupfuls of milk, one cupful sugar, one-eighth teaspoonful salt, and three

eggs. Strain, chill, and add one cupful of double cream, whipped, and one-fourth cupful of Jamaica rum. Freeze. Fill a melon mould with alternate layers of cream and fruit, pack in salt and ice, and let it stand four hours to ripen. Unmould and serve on a chilled platter covered with a lace paper doily. Cut in slices three-fourths of an inch thick and pour around each portion claret sauce, or omit the doily on platter and pour sauce around mould of cream. In making claret sauce, make a syrup by boiling two cupfuls of sugar and one cupful of water four minutes after it begins to boil. Remove from range. Cool slightly and add slowly, while beating constantly, two-thirds cupful of claret. Chill, and pour around the frozen pudding.

Tuscan Pudding

MAKE a boiled custard with one pint of milk, sweetened with half a cupful of sugar, boiled, and poured on three beaten eggs. Return the mixture to the saucepan and stir until it thickens, but do not let it curdle, as it will if it boils for more than a second. When cool, add one pint of cream, half a cupful of sugar, a quarter of a box of gelatin, dissolved and strained, half a teaspoonful of vanilla, a quarter of a teaspoonful of essence of lemon, twenty drops of extract of bitter almond. Put in a mould with smooth sides and pack in ice and salt. The proportion is two quarts of broken ice to one quart of salt, well mixed. In an hour remove the mould, and after wiping it carefully uncover it, and with a knife scrape the frozen cream from the sides. Beat it thoroughly, as this makes the texture fine and smooth. If it is nearly frozen add half a pound of sweet almonds, blanched and chopped fine, half a pound of candied ginger, cut in small pieces, and half a pound of citron prepared in the same way. If the cream is not very stiff return the mould to the ice, repeat the process in three-quarters of an hour and add the nuts, ginger and citron after the second beating.

Macaroon Ice-Cream

TAKE one-half pound of macaroons and three lady fingers, the more stale the better, and pound very fine, then put them through a colander. Place in a double boiler one pint of cream, and add to it a half-pound of granulated sugar; stir until boiling hot, then remove from the fire. Add another pint of cream, and when cold, turn into the freezer and freeze. When the handle of the freezer begins to get hard to turn, add a teaspoonful of vanilla, the pounded cakes, and a wineglass of sherry. Turn the freezer very rapidly for ten minutes at least. Now drain off the water from the freezer, pack well with salt and ice, remove the dasher, cover, and let stand at least three hours before serving.

Bisque Ice-Cream

THIS is a delightful dessert; it can be frozen in one large mould or any number of smaller ones. Make a custard with one quart of rich milk, six eggs, and one large cupful of sugar. Let it stand on ice for twenty-four hours, then add one teaspoonful of vanilla and two wineglassfuls of sherry wine, also a dozen almond macaroons, which have been dried in the oven and crushed, but not rolled to a powder. Freeze after the usual method.

Italian Tutti-Frutti

TAKE a large form of ice-cream; have ready as great a variety of ripe fruit as possible, watermelon included; seed the watermelon, cut it into lozenges or squares, put a layer of it into the form, sugaring it well with granulated sugar; then a layer of varied fruits; sugar abundantly, and proceed in this way until the form is packed full of fruit and sugar; cover it, set in double boiler just long enough for the sugar to dissolve, and the juices to be started; then let it cool; when cold, freeze. This is the genuine tutti-frutti and is delicious.

Strawberry Ice-Cream

MASH one quart of strawberries; add to them one cupful of sugar. Put one pint of cream in a double boiler; then add to it another cupful of sugar; stir constantly until hot; take from the fire, and when cool add another pint of uncooked cream. Turn into the freezer. When frozen stir in the strawberries, cover the can, and turn again for a few minutes. Then pack and put aside for use.

Caramel Custard Ice-Cream

MAKE a custard of one pint of milk, one cupful of sugar, and two eggs. Set this aside to cool, melt one cupful of granulated sugar on the stove until it reaches the caramel stage, being careful not to scorch. Add to the custard. When chilled add one quart of whipped cream, and freeze.

Pineapple Ice-Cream

ALLOW a quart of cream to a large pineapple. Pare the pineapple and chop it fine, place in a deep dish and sprinkle with sugar. Cover, and let stand three hours. Then press through a sieve. Stir it into the cream, and beat well. Then freeze.

Maple Ice-Cream

YOLKS of four eggs, three-quarters of a cupful of maple syrup, boil together in a double boiler, and beat until cold. Add one pint of whipped cream and freeze.

St. Patrick's Snow Balls

MAKE a syrup by boiling three-quarters cupful sugar and one-third cupful water five minutes; cool and add one quart cream and one and one-half tablespoonfuls vanilla; freeze. Mould then in balls with two tablespoons, or pack in round leaden moulds. Before serving roll in grated cocoanut, which should be grated the day before using. Serve with emerald

sauce made as follows: Make a syrup by boiling one cupful of water four minutes. Cool slightly and add four tablespoonfuls sauterne and tint with leaf green vegetable coloring.

Florentine Cream

SQUEEZE and strain the juice of four lemons; sweeten it with a cupful and a half of sugar. Dissolve half a box of gelatin and add the whole to a pint and a half of cream, whipped until it is stiff. Pour into a mould and set on the ice.

Iced Strawberry Soufflé

COVER two tablespoonfuls of gelatin with cold water, let soak half an hour; stir until dissolved. Mix a pound of sugar and a pint of strawberry juice in a saucepan over the fire until they form a syrup. Beat the yolks of six eggs until creamy. Whip a quart of cream. Mix the syrup with the yolks of the eggs in a pan and set on ice; strain the gelatin into it and stir until it begins to thicken, then mix the whipped cream in lightly, turn into an ice-cream mould, pack in salt and ice, and freeze for two hours.

Coffee-Cocoa Ice-Cream

COOK one cupful of very strong coffee with one cupful of sugar, pour this over two tablespoonfuls of cocoa and when dissolved add to one cupful of hot milk in which one teaspoonful of arrowroot has been dissolved; add one teaspoonful of butter and pour this over two egg yolks slightly beaten. Cook for one minute, then beat until cool and add one-half cupful of whipped cream. When frozen serve in sherbet glasses with one tablespoonful of maraschino on top of each glass, and on top of this put the egg whites beaten stiff with one-quarter cupful of cream and a little powdered sugar and a few drops of vanilla. Dust each topping with cocoa. This can be made as a plain cream and served in a mould lined with macaroons.

Maple and Nut Ice-Cream

PUT two cupfuls of milk in a double boiler, when hot add three-quarters of a cupful of soft maple sugar or thick maple syrup and one teaspoonful of butter. When boiling, pour some of the mixture on three beaten yolks, return this to the rest of the mixture, and boil for one moment or until spoon is coated. Remove quickly before the egg curdles and whip with an egg beater. When cold add one-half cupful of cream, whipped stiff, and one cupful of English walnut meats or pecans broken into tiny pieces.

Dolly Varden Ice-Cream

CRUSH one pound of cocoanut macaroons, add one cupful of strawberry preserves, one quart of cream, one-half cupful of sugar, flavor with vanilla, put in a mould and freeze. It is good to use twenty-four hours after making, provided it is kept solidly frozen.

Nesselrode Pudding

ADD slowly to the well-beaten yolks of six eggs, one cupful of sugar boiled five minutes with one-quarter cupful of water. Put all in double boiler and cook until the spoon is coated. Strain, beat till cool, then add one pint of stiffly whipped cream, flavored to suit with vanilla. Boil one cupful of chestnuts, press through a sieve, soak one-quarter of a pound of candied fruit in one-quarter of a cupful of sherry, add a half-cupful of seeded raisins, one-half cupful of pineapple, grated, one-half teaspoonful of bitter almond extract, and one tablespoonful of yellow Chartreuse. Mix well and freeze in one mould.

Chop Suey Sauce

TAKE bits of all kinds of candied fruits, figs, dates, a few raisins, chopped Brazil nuts, candied ginger, citron, and orange peel, blend with a little sugar syrup. Serve a spoonful on vanilla ice-cream.

Hot Chocolate Sauce

BOIL and strain one-half cupful of sugar, one cupful of water, one stick of cinnamon. To this add four tablespoonfuls of chocolate dissolved in one-half cupful of milk, one tablespoonful of arrowroot dissolved in one-quarter a cupful of water, and a pinch of salt. Boil five minutes, add one teaspoonful of vanilla and serve hot over vanilla ice-cream.

Maple Pecan Nut Sauce

ADD finely chopped pecan nuts to maple syrup and put around vanilla ice-cream served in glasses.

Pineapple Ice

CHOP one large pineapple or two small ones into dice. Add an equal measure each of sugar and water, stir until the sugar is dissolved; then freeze.

Strawberry Ice

STEM two quarts of ripe strawberries, put a bowl with the juice of two lemons and a pound of sugar; let stand one hour; mash the berries, pour over a pint of water, stir until the sugar dissolves; freeze.

Cider Ice

DISSOLVE a third of a cupful of sugar in three cupfuls of new cider. Add the juice of one lemon. Freeze.

Lemon Ice

DISSOLVE one-half a package of gelatin in one pint of cold water. Press the juice from eight lemons and mix with one pound and a half of sugar. Pour one quart of hot water on the sugar and lemons. Add one and a half pints of boiling water to the gelatin, when dissolved add to the rest of the

ingredients. Strain, cool, and whip for ten minutes. Freeze. Ginger ice is made by the same rule only adding one tablespoonful of Jamaica ginger.

Currant Ice

MIX and put into the can one pint of currant juice, one pound of sugar, one pint of water. When partly frozen, add the well-beaten whites of three eggs.

Grape Water-Ice

ONE quart of grape juice, the juice of two lemons, one pound of sugar, one quart of water. Mix well and freeze.

Cranberry Ice

PICK over and wash one quart of cranberries. Put them into a saucepan with one quart of water and simmer slowly until the berries burst. Strain through two thicknesses of cheese cloth and measure. There should be a good quart. Add one pint of granulated sugar and stir over the fire until dissolved, then set aside to chill. Freeze in the usual manner, repack, and set aside for two or three hours. This is delicious to serve with the turkey course, instead of cranberry jelly.

Orange Water-Ice

THE juice of six oranges, two teaspoonfuls of orange extract, the juice of one lemon, one quart of water, one pound of pulverized sugar.

Mint Ice

MACERATE the leaves of a bunch of fresh mint, adding afterward the juice of two lemons. Cover and let stand for fifteen minutes. Put two cupfuls of sugar and a pint of water in a porcelain kettle and stand over the fire. Stir until the sugar dissolves, and then cook until the sugar threads; remove

from the fire. Add one-half cupful of orange juice and the prepared lemon. When cold strain and add curacoa to taste; then freeze. Serve in glasses.

Raspberry Ice

THREE pints of raspberry juice, one pound of pulverized sugar, the juice of one lemon, one teaspoonful extract of raspberry. Mix well together and freeze.

Grape and Lemon Ice

HALF grape juice and a strong lemonade, well-heated and sweetened and frozen, makes an attractive sherbet. Place in glasses and twist a small spray of grape tendrils around the stem of each glass with a few small leaves.

Peach Ice

4 cupfuls water.
2 cupfuls sugar.
2 cupfuls peach pulp.
2 cupfuls orange juice.
2 cupfuls lemon juice.
1 dozen peach kernels or bitter almonds.

PREPARE a syrup by boiling together water, sugar, and peach kernels twenty minutes; strain out kernels, add peach pulp, previously forced through *purée* strainer, then orange juice and lemon juice. Freeze, using equal parts of salt and ice.

Cherry Ice

STONE two pounds of fine, ripe cherries, bruise, and put them into a preserving kettle with a small cupful of water, and one-half pound of granulated sugar. Let come to a boil, simmer for a few minutes, then pass through a sieve. Pound the kernels, and put them in a saucepan with the juice of two lemons, and let stand for one-half hour; add one pound of sugar to the cherries, and strain on them the lemon and kernel juice. Mix well together and freeze.

Strawberry Ice

STEM a quart of strawberries, mix with them the juice of two lemons and a pound of sugar, then mash them and set aside for an hour; strain through a fine sieve, pour over a quart of ice water, freeze.

Grape Fruit Sherbet

LET one quart of water and one pound of sugar boil twenty minutes. Do not begin to count the time until the liquid begins to boil, and let it boil vigorously the whole time. Add half a teaspoonful of gelatin, softened in cold water, and strain into the can of the freezer. When cold, add one pint of grape-fruit juice and the juice of one lemon and freeze as usual.

Pineapple Tonquin Sherbet

GRATE the rind from two lemons, covering with a pint of pineapple syrup, boiling hot, a scant pint of cold tea, and eight tablespoonfuls or one-fourth pound of candied ginger cut into bits, letting it stand closely covered for fifteen minutes; then press through a sieve, adding the juice of two lemons and two cupfuls of granulated sugar, stirring until the sugar is entirely dissolved; now turn into a chilled freezer and when of the consistency of soft snow, pour in the drained pulp of half a pineapple, together with the stiffly whipped whites of two eggs. Continue freezing until smooth and firm, serving in slender crystal sherbet cups garnished with bits of pineapple and small crystallized cherries.

Mint Sherbet

To a pint of grated pineapple juice and pulp, add the juice of one lemon, one cupful of water, and three-fourths of a pound of sugar. Dissolve the sugar in the water, add the lemon juice, let it boil up, and strain clear. When cold, stir in the pineapple, and turn into a freezer. When partially frozen stir in the well-whipped whites of two eggs.

Strawberry Sherbet

COVER three quarts of hulled berries with three cupfuls of sugar. Cook one pineapple with one cupful of water and two cupfuls of sugar, let it stand twelve hours. Mash the strawberries and pineapple through a coarse strainer, then a finer strainer. Add the juice of three lemons. Then add an amount of water equal to the syrup formed from the sugar and fruit juices. Add the well-beaten whites of three eggs and freeze.

Colonial Cannelon Glacé

ONE quart lemon sherbet, one-half cupful powdered sugar, one-half pint double cream, two tablespoonfuls sherry, one cupful candied cherries, white of one egg, pinch salt. Add the salt to the egg white and beat until dry; add the sugar slowly, beating all the time; add the wine to the cream and whip until very stiff. Fold the two mixtures together and add the cherries. Set on ice to chill. Line a cylinder mould with the lemon sherbet, having the layer an inch thick. Fill in the centre with the cream mixture. Cover with the sherbet, spread paraffin paper over the top, and press down the cover. Pack in ice and salt and let stand two hours. When ready to serve unmould and garnish with cherries.

Marlborough Sherbet

PREPARE a syrup by boiling two and one-fourth cupfuls of sugar and two cupfuls of water ten minutes. While boiling pour over one cupful seeded and shredded raisins, let it stand until cool, then add three-fourths cupful of orange juice, one-third cupful of lemon juice, one cupful of pineapple juice, one-third teaspoonful nutmeg; freeze to a mush, add one-half cupful fine old sherry and the whites of three eggs beaten stiff, and continue freezing. Serve after the meat course at dinner.

Pear Sherbet

Two cupfuls of sugar, four cupfuls of boiling water, one quart of pear pulp, juice of two oranges, four tablespoonfuls of lemon juice, one-quarter of a cupful of sherry wine, three tablespoonfuls of maraschino, a few drops of red coloring. Boil the sugar, water, and pulp for fifteen minutes, then strain. When cool add the orange and lemon juice, the sherry and red coloring. When the mixture is partly stiff add the maraschino and complete the freezing; pack away for an hour.

Pineapple Sherbet

Take one-half medium sized pineapple, pare and cut in small pieces. Crush these to a pulp, and add a half-pound of powdered sugar. Pound again for a few moments, and squeeze into this the juice of three large lemons. Then add a quart of cold water. Strain through a very fine sieve and add the whites of two eggs, beaten to a stiff froth. Beat this well into the liquid and freeze.

Fruit Sherbet

Take a quarter of a box of gelatin and pour over it enough cold water to cover it. Let stand a half-hour, and if not dissolved by this time, place it over hot water. Dissolve in a cupful and a half of hot water two cupfuls of sugar. Take the sugar and water from the fire, and into it pour the dissolved gelatin, one cupful of strawberry juice, the juice of two oranges, one large lemon, and a cupful of the juice of preserved cherries or pineapple. Put this into the freezer, and freeze three hours before serving.

Caramel Parfait

Cook one cupful of brown sugar with one-half cupful of water until quite brown, do not burn it; pour this onto three

egg yolks, beat until cold; add two cups of cream, whipped quite stiff. Have the mould packed in ice and salt before putting the mixture in, to insure its freezing more quickly.

Marshmallow Parfait

COOK one cupful of milk in double boiler with one-half cupful of sugar, one-half teaspoonful of butter, and two inches of vanilla bean. This bean can be used again. Add one teaspoonful of arrowroot dissolved in three tablespoonfuls of milk and let boil a few moments, then pour this in over two beaten yolks. Cook for one moment, remove from the fire and beat well. When cool add one and one-quarter cupfuls of cream, whipped stiff, and mixed with one cupful of marshmallows cut into bits and softened in the oven.

Chocolate Parfait

To make three quarts: One cupful granulated sugar, one-fourth cupful water, two ounces unsweetened chocolate, yolks of four eggs, one pint rich cream, vanilla. Boil sugar and water to a thick syrup and pour in a thin stream over melted chocolate. Mix this thoroughly. When slightly cool add slowly to the well-beaten eggs. Place over fire in double boiler and cook until it thickens, stirring all the time. Take from fire and continue beating until cool and light. Flavor. Then add cream, whipped stiff. Put in a pail or mould. Pack in ice not less than four hours.

Strawberry Parfait

WHIP a quart of thick cream with a small cupful of sugar; when stiff mix half a pint of strawberry juice in carefully. Turn into an ice-cream mould, press the lid down securely; pack in salt and ice and freeze for three hours.

Golden Parfait

DISSOLVE one ounce of gelatin in a pint of water by first soaking and then heating it. Strain and add to the liquid

the juice of three oranges, the grated rind of one, the juice of one lemon, the yolks of four eggs, well beaten, and a cupful of sugar, or more if it is liked very sweet. Stir over a gentle fire until it just boils, and put it in a mould, on ice.

Cherub Parfait

BOIL one-half of a cupful of granulated sugar in one-half of a cupful of water for fifteen minutes, and let cool. Color pink. Take six egg whites, and beat them stiff. Add one cupful of whipped cream, one teaspoonful of vanilla. Mix all together lightly. Turn it into a melon mould, cover, bind the edges with lard, and pack in crushed ice and coarse salt for three or four hours.

Cocoanut Parfait

WHIP one pint of cream to a stiff froth. Have ready three-quarters of a box of gelatin which has been soaked in one cupful of milk for half an hour, and the milk heated until the gelatin is dissolved. Strain, and when cool add it to the cream with one cupful of sugar and two cupfuls of cocoanut. Either the dessiccated cocoanut or the fresh nut grated can be used. Put the cream into a mould and set it on ice.

Melon and Peach Bombe

MIX one cupful of mashed peach pulp with one cupful of whipped cream, add two tablespoonfuls of sugar and a very little salt. Line a very cold mould with this mixture, pack in ice and salt for half an hour. Then remove cover of mould and fill with tiny pieces of cantaloupe or water melon sweetened and flavored with a little — very little — lemon juice. Replace cover, repack, and let stand three or four hours to ripen.

Vanilla Parfait

COOK one cupful of sugar with one-third cupful of water until it spins a thread; pour onto three yolks, if you want a yellow cream, or use three whites for a white cream; the

yellow cream has a richer flavor. Then add two cupfuls of whipped cream. Flavor with one tablespoonful of vanilla or cook two inches of vanilla bean with the syrup. You may serve with this a marron or cherry sauce. Moisten about eight of the large marrons or twice that number of candied cherries in two or three tablespoonfuls of lemon juice, then add one cupful of whipped cream.

Mint Cream Parfait

MAKE a plain vanilla parfait, put into sherbet glasses, pour over a syrup made by cooking mint leaves with sugar and water, and then add two or three tablespoonfuls of grape fruit juice. Top with a little whipped cream, if liked, and garnish with mint leaves dusted with powdered sugar.

Pineapple Parfait

PARE and shred a ripe pineapple. Sugar it generously, let it stand for several hours. Drain off one cupful of the juice, boil it with three-fourths of a cupful of sugar until thick and rich. Add slowly the well-beaten yolks of four eggs, and cook in a double boiler, stirring all the time, until the mixture will coat the spoon. Remove from the fire, and beat until cold. Then add two tablesponfuls of lemon juice and a pint of rich cream whipped to a stiff froth. Pack in a mould, cover tightly, and surround with ice for four hours.

Marron Parfait

USE a small bottle of marrons preserved in syrup. These bottles are supposed to hold about a pint. Heat the syrup (there will be about one-half a cupful in the bottle), and pour onto three egg whites beaten very stiff, beat until cold, then add the marrons, crushed with a fork, and two cups of whipped cream.

Quince Parfait

BEAT the yolks of three eggs, add slowly three-quarters of a cupful of quince syrup and cook over hot water, stirring

constantly until the mixture thickens and coats the spoon. Remove from stove and with an egg-beater whip until cool and light. Now whip up one pint of cream very stiff, and gently add to the mixture, then put into a mould. Pack in ice and salt and let it stand four hours before serving. Turn out and garnish with a ring of whipped cream, which has been sweetened and flavored, and dot here and there with bits of quince jelly.

Lemon Cream Mousse

SQUEEZE and strain the juice of four lemons, add one and one-half cupfuls of sugar. Dissolve half a box of gelatin, and add one and a half pints of cream. Pour into moulds, and set on ice.

Peach Mousse

TWO cupfuls of peach pulp, add one-half cupful of sugar cooked in a very little water, about one-eighth cupful. Add two tablespoonfuls of gelatin, softened in one-quarter cupful of water, to the hot syrup, stir until dissolved; add the peach pulp. Cool and add two cupfuls of whipped cream, measured after it is whipped, a little powdered sugar, if the mixture is not very sweet, and a teaspoonful of bitter almond. Put into a mould and pack in ice and salt.

Strawberry Mousse

HULL a pint of ripe strawberries and rub them through a fine sieve; add a cupful of powdered sugar and an ounce of dissolved gelatin; set in a cool place until the mixture begins to thicken. Beat the whites of five eggs and stir them lightly into the mixture. Turn into a wetted mould, cover securely, and bury in a tub of finely chopped ice and salt. Set aside for three hours and turn out.

Maple Mousse

WHIP one quart of cream until quite thick. Beat the yolks of three eggs in another bowl until light and add gradually

one cupful of maple syrup. When the two are well mixed, whip them gradually into the cream. Pour the whole into the can, without the dasher, or into a mould. Pack in ice and salt, and let it stand three hours.

Caramel Moussé

WHIP one quart cream. Melt one cupful sugar, add one-half cupful hot water. Soak two tablespoonfuls granulated gelatin in one-half cupful milk. Make a custard of one-half cupful milk, one-half cupful sugar, and two eggs. Add the gelatin and the caramel or melted sugar. Beat mixture in pan of ice water until light and frothy. Gently stir in the cream. Turn into a chilled mould and let stand in equal parts of crushed ice and salt, four hours. Remove from mould as you would ice-cream.

Cherry Moussé

To a pint of double cream add three tablespoonfuls of best confectioner's sugar, a cupful of cherry juice, and a drop or two of almond extract. Chill on ice, then whip until stiff. Turn into a mould, cover securely, and bury in a pan of ice and salt for two hours.

Banana Moussé

PEEL about three bananas. Scrape off the coarse threads, and press the pulps through a sieve. There should be one cupful and a fourth of the pulp. To the pulp add three-fourths cupful of sugar and the juice of a half a lemon; cook the mixture over hot water until thoroughly scalded, then set aside to become cold. Beat one cupful and a half of double cream till firm. Cut fine citron, candied apricots, or pineapple and maraschino cherries to half fill a cup; pour over these three tablespoonfuls of Jamaica rum and let it stand an hour or, when convenient, over night. Have a quart mould lined with paper and thoroughly chilled. Stir the fruit into the banana

mixture, fold the fruit mixture and cream together, and turn into the mould, filling it to overflow; cover with paper, press the cover down over the paper, then pack in equal measures of salt and crushed ice. Let it stand three hours.

Moussé à l'Orange

RUB six pieces of loaf sugar separately against the skins of three oranges, until the sugar is colored yellow. Put the sugar in a bowl, press out the juice from the oranges, strain and add it to the sugar; add the juice of half a lemon, a half-cupful of water, a half-cupful of granulated sugar, the yolks of four large eggs or five small ones, and place all in a double boiler over the fire; stir till it coats the spoon, remove, and when cold add a half-pint of whipped cream. Fill this in a form with a tight-fitting cover, being careful to see that the form is full to the top; lay a piece of paper over it, put on the cover, and pack the form in fine cracked ice and rock salt, the ice being four or five inches above the form. Cover all with paper and let it remain for four hours in a cool place. Shortly before serving take the form from the ice; after rinsing it off with cold water, hold it for a minute in hot water and remove the cover and paper, then turn the *moussé* onto a cold dish and serve with small fancy cakes.

Coffee Frappé

HEAT, cool, and strain two cupfuls of coffee diluted to suit the taste, freeze, and when serving add a teaspoonful of whipped cream on top of each glass. A cupful of cream may be added before freezing.

Fruit Frappé

BOIL for five minutes one and one-half cupfuls of sugar, three cupfuls of water. Add one cupful of any desired mashed fruit, including the juice of one lemon and two oranges. Beat until cold, then add half a cupful of rum or sherry and the beaten whites of three eggs. Freeze.

Tea Frappé

COVER four teaspoonfuls of tea with one pint of boiling water, steep five minutes. Add one cupful of sugar, two cupfuls of water, boil five minutes, add grated rind and juice of three oranges, juice of two lemons, and one can of grated pineapple. Strain and freeze soft.

Orange and Grape Juice Frappé

BOIL together for five minutes, one cupful of sugar, two cupfuls of grape juice, add one cupful of orange juice, and one-quarter cupful of lemon juice. Add the whites of three eggs beaten stiff and freeze to a soft mush.

Chocolate Frappé

1 quart of hot milk.
4 tablespoonfuls of grated chocolate or cocoa.
Dash of salt.
1 inch of stick cinnamon.
3 tablespoonfuls of sugar.
1 teaspoonful of vanilla.
1 tablespoonful of sherry.

WHEN frozen serve with whipped cream on top of each glass. A cupful of strong, clear coffee may be added before freezing, if liked.

XIV.—COFFEE-CAKES, DOUGHNUTS, CAKES, COOKIES, HOLIDAY, NOVELTY, AND SMALL CAKES, AND CAKE FILLINGS

THE maxim "Practice makes perfect" applies to cake-making in the very truest sense, for to make good cake it must be made often.

Baking the cake is more than half, so much depends upon the pan and the oven. Good cake should be fine grained, velvety, of uniform color and thickness. Atlas flour is the best; granulated sugar is universally used unless powdered sugar is specified. The best butter, for the best results, and the freshest eggs obtainable; eggs just a day old beat up the quickest. Water may be substituted in place of sweet milk. Of course there will be a difference in the cake, it will be light and tender, but not quite so white or spongy. If lemon or orange flavor is wanted the grated rind should be used, as the juice loses the flavor in baking. If the cake is to be frosted, the flavor may be added to it just before spreading on the cake and it will be sufficient to give the right flavor to the entire cake.

Before commencing a cake see to it that every article is ready to combine with the rule. If the butter is very hard, rinse the mixing bowl with hot water, wipe dry, and put in the butter broken in small pieces; let it soften while the other ingredients are made ready. It is best to butter paper and line the pans for cakes which contain butter; it is not necessary to do this for sponge cake. Put yolks of eggs in one bowl and the whites in another, setting the whites always in a cool place. Measure the sugar, sift the flour with baking powder or cream of tartar three or four times, also salt and spices if they are

called for. With a perforated wooden spoon work the butter to a cream, beat in the sugar, keeping it a light, fluffy mass.

In very cold weather the liquids should be warmed enough to prevent the butter and sugar curdling. Beat yolks of eggs until light and thick, then add butter and sugar, rinse the bowl with the liquid, and add to the cake alternately with the flour. Fruit and nuts are now added. Cake batter is usually of such consistency that it requires spreading in the pan to insure even baking. These are reliable instructions for the making of the average cake.

In cake baking much depends upon the size of the cake, what the temperature of the oven shall be. A layer cake will bake in fifteen or twenty minutes, a sheet of cake in a flat tin will take about thirty minutes; a thick loaf requires forty minutes. When properly baked, cakes containing butter will recede from the sides of the pan; let stand a few moments then lift out by the paper onto a wire cake cooler. Sponge cakes may be turned out and cooled in a draft of air. Never touch a knife to a sponge cake, it should be broken into the required size, or pulled apart with a silver fork.

How to Mix a Sponge Cake

In the days of our grandmothers it was considered an art to make sponge cake, and that art has been revived. Delicate sponge cake is now considered the proper thing to serve with tea at "afternoons" and with iced drinks in summer time. This rule is given by a world-famous cook: beat the yolks till thick and light-colored; gradually beat in the sugar; add flavoring, grated rind of orange or lemon, and lemon juice, if used, then beat the whites till dry; fold half of the whites into the yolks and sugar; fold in half of the flour, the other half of the whites and the other half of the flour. In a sponge cake proper, the lightness depends entirely upon the air beaten into the eggs, and great care must be exercised so to handle the mixture that none of the air cells shall be broken down. Stirring must be avoided. The cake is mixed entirely by beat-

ing and folding, and when ready for the pan will be a delicate, fluffy mass. The long beating of the eggs necessary to insure a light cake renders a sponge cake dry; this may be remedied to some extent by using a greater number of yolks.

Lemon Sponge Cake

1 cupful of flour
1 cupful of fine granulated sugar.
6 eggs.
2 tablespoonfuls cold water.
Grated rind.
Juice of one lemon.

SIFT the flour five times and the sugar twice. Separate the eggs and beat the yolks very thick. Add the water to the whites and beat until stiff. Add half the sugar and the lemon rind and juice to the yolks. Then add the other half of the sugar to the whites. Now combine the egg mixtures and fold in the flour. Bake in an angel cake tin for thirty-five or forty minutes. Have the heat rather low until the cake has raised above the edge of the pan. Then increase the heat a little. When the cake has browned reduce the heat and finish baking. When the cake is baked invert the pan until cold. Then remove the cake and cover with a plain icing.

Cocoa Sponge Cake

3 eggs.
1½ cupfuls sugar.
½ cupful cold water.
1 teaspoonful vanilla.
1¾ cupfuls flour.
¼ cupful Baker's cocoa.
2 teaspoonfuls baking powder.
1 teaspoonful cinnamon.

BEAT yolks of eggs light, add water, vanilla, and sugar; beat again thoroughly; then add the flour, with which the baking powder, cocoa, and cinnamon have been sifted. Fold in the stiffly beaten whites of the eggs. Bake in a rather quick oven twenty-five or thirty minutes.

Sponge Cake

USING two whole eggs and an extra yolk, half a cupful of sugar, half a cupful of flour, the grated rind of half a lemon, and one tablespoonful of lemon juice, prepare a mixture according to the directions given above for mixing sponge cake. Bake from twenty to thirty minutes. Baked in the regular sponge cake pan with feet for cooling, this cake will not be very thick. It may be baked in a new bread pan and then inverted to cool by setting something under the ends of the pan.

Cream Sponge Cake

PASS through a sieve together, three times, one cupful and a half of sifted flour, two level teaspoonfuls of baking powder, one cupful of granulated sugar, and one-fourth teaspoonful of salt. Break two large eggs into a half-pint cup, then fill the cup with thick, sweet cream. Pour the eggs and cream into the flour; add the grated rind of a lemon or orange, and beat the mixture thoroughly. Bake in a rather thick sheet about forty minutes.

Peach Cake

BAKE three sheets of sponge cake as for jelly cake, and place between them very thinly sliced peaches sprinkled with sugar, and covered with whipped cream. Ice the top and sides with white frosting in which have been stirred powdered almonds.

Chocolate Cake

2 ounces chocolate.
4 eggs.
½ cupful milk.
1 teaspoonful vanilla.
½ cupful butter.
1½ cupfuls sugar.
1 heaping teaspoonful baking powder.
1¾ cupfuls flour.

DISSOLVE the chocolate in five tablespoonfuls of boiling water. Beat the butter to a cream, add the yolks, beat again,

then the milk, then the melted chocolate and flour. Give the whole a vigorous beating. Now beat the whites of the eggs to a stiff froth, and stir them carefully into the mixture; add the vanilla and baking powder. Mix quickly and lightly, turn into well-greased cake pan, and bake in a moderate oven forty-five minutes.

Chocolate Caramel Cake

ONE cupful butter, two cupfuls sugar, four cupfuls flour, sifted before using, whites of seven eggs, two level teaspoonfuls baking powder. Bake in two layers. For caramel filling take one pint sugar, granulated, one-half cake chocolate, one cupful milk, butter the size of a walnut. Cook until it will stand in cold water. Remove from the fire; add one tablespoonful of vanilla; beat until cool enough to spread.

Raisin Cake

1 cupful sugar.
½ cupful butter.
½ cupful milk.
4 whites of eggs.
1½ cupfuls flour.
1 teaspoonful baking powder.
2 teaspoonfuls lemon juice.
1 cupful seeded raisins.

CREAM the butter and sugar, add sifted flour and baking powder with the milk, the well-beaten whites last with the raisins, which have been slightly floured to prevent sinking to the bottom. Bake slowly.

White Cake

1 cupful of sugar.
½ cupful of butter.
½ cupful of milk.
2 cupfuls of flour.
3 egg whites.
1½ teaspoonfuls baking powder.
1 teaspoonful peach extract.

CREAM the butter and add the sugar and flavoring gradually, then the whites of eggs beaten stiff, then the flour. Bake in a loaf and frost with white icing.

Yellow Cake

1½ cupfuls of sugar.
½ cupful of butter.
½ cupful of milk.
2 cupfuls of flour.
1 teaspoonful baking powder.
1 teaspoonful vanilla.
Yolks of 3 eggs.

BEAT the yolks of eggs until thick, add the sugar and butter, creamed, then the milk and flavoring, sifted flour and baking powder; beat well. Bake in a loaf and frost.

Orange Cake

⅔ cupful butter.
2 cupfuls sugar.
1 cupful milk.
3 scant cupfuls flour.
2 heaping teaspoonfuls baking powder.
3 eggs.

CREAM the butter and sugar, add the beaten egg yolks and milk. Sift together the flour and baking powder, add the well-beaten egg whites. Bake in layers and spread with white frosting, strongly flavored with orange. On top put bits of candied orange peel.

Maple Sugar Cake

MIX together one egg, one cupful of butter, two cupfuls of granulated sugar, one-half cupful of milk, one and one-half cups of flour, in which two teaspoonfuls of baking powder have been sifted. Bake in three layers. To make filling, take one pound of maple sugar, with half a cupful of water. Boil till it threads. Remove from the fire, stir till nearly cool, and add

the stiffly whipped white of an egg, and three level tablespoonfuls of powdered sugar. Spread between the layers, cover the outside thickly, and garnish with halved walnut meats.

Delicious Spice Cake

ONE and one-half cupfuls of sugar, one-half cupful of maple syrup, one good full cup of butter, one wineglassful of sherry wine, one teaspoonful each of cloves, cinnamon, nutmeg, and vanilla; one-half package of raisins, one-half package each of currants and citron, all chopped fine; one cupful of sour milk with one teaspoonful of soda well beaten into it. Two eggs, salt, and flour enough to drop from spoon.

Everlasting Fruit Cake

ONE pound of finely chopped salt pork. Over this pour one pint of strong, boiling coffee. Dissolve one tablespoonful of soda, and mix with one coffee cupful of molasses, add two cupfuls of brown sugar, one teaspoonful each of cinnamon, cloves, allspice, black pepper, and ginger, flour to make as stiff as you can stir. Add one pound each of raisins, currants, and shredded lemon peel. Bake two hours.

White Fruit Cake

1 pound of butter.
1 pound of sugar.
1 pound of flour.
½ cupful sherry and the stiffly beaten whites of sixteen eggs.
1 fresh cocoanut, grated.
1 pound of blanched almonds cut in thin strips.
½ pound angelica, chopped fine.
2 pounds of Sultana raisins.
2 teaspoonfuls vanilla extract.
1 teaspoonful almond extract.

BEAT the butter to a cream and gradually add the sugar, the sherry and extracts. Then add the flour and eggs alternately and lastly the prepared fruits. Bake in one large loaf or two smaller ones and ice when needed.

Genuine Bride Cake

CREAM together two cupfuls of sugar with a scant cupful of butter; add one cupful of milk, and stir to a smooth consistency. Put three tablespoonfuls of baking powder into three cupfuls of flour, and sift. Add to the sugar, butter, and milk, then add the beaten whites of eight eggs, a pinch of salt, and flavor with almond. This quantity makes two cakes.

Bridegroom Cake

CREAM one pound and a half of sugar and one pound and a half of butter together; add ten eggs, the yolks and whites beaten separately, and a small cupful of milk. Dissolve half a teaspoonful of soda in one gill of molasses, and add to the mixture; then stir in one pound and a half of sifted flour, the same of carefully prepared raisins and currants, and a pound of orange, lemon, and citron peel cut in thin slices, half an ounce each of ground ginger, cinnamon, and cloves, and one grated nutmeg. Beat vigorously; add a little salt; pour into well-greased tins, and bake in a slow, steady oven. A little more flour than the quantity given may be needed. The batter should be quite stiff.

Marshmallow Cake

ONE cupful of butter, two cupfuls of sugar, one cupful of cold water, three cupfuls of flour, one heaping teaspoonful of baking powder, the whites of eight eggs, one teaspoonful of vanilla. Cream the butter and sugar, add the water, flour, and baking powder, then the eggs beaten to a stiff froth. Bake in layers. To make icing take two cupfuls of granulated sugar, moistened with cold water, and boil till it hairs. Pour slowly over the beaten whites of two eggs, and beat well. Take fresh marshmallows, put in the oven to soften, spread on the cake, and cover with icing.

Pound Cake

¼ pound sugar.
¼ pound butter.
⅜ pound flour.
4 eggs.
1 teaspoonful baking powder.
1 teaspoonful almond extract.

CREAM the butter and sugar, add the beaten egg yolks, sift flour and baking powder together, add alternately, with the whipped whites, to the other mixture. Bake in a slow oven.

Coffee Cake

FOUR cupfuls of flour, one cupful of butter (or half lard or beef drippings), one cupful each of coffee, molasses, sugar, and seeded, chopped, and well-floured raisins, one teaspoonful of soda dissolved in a little warm water, one-half teaspoonful of salt, two teaspoonfuls of cinnamon, and one-half teaspoonful of cloves. Bake about an hour in a moderate oven.

Golden Orange Cake

ONE-HALF cupful of butter or clarified drippings, one cupful of New Orleans molasses, one egg, juice, pulp, and grated rind of one small orange, or half of a large one, one teaspoonful of soda dissolved in a scant half-cupful of cold water, two cupfuls of wheat flour, and a little salt. Bake in a shallow pan, in a hot oven, and when done rub over with butter and strew with powdered sugar. This molasses cake is recommended for its delicious combination of flavors.

White Layer Cake with Chocolate Filling

BEAT half a cupful of butter to a cream; gradually beat in one cupful of sugar, then alternately, half a cupful of milk and two cupfuls of sifted flour, sifted again with three level teaspoonfuls of baking powder. Lastly, beat in the whites of three eggs, beaten dry. Bake in two layers. Put the

layers together and cover the top and sides with chocolate frosting. Decorate or not as desired with halves of English walnuts.

Orange Layer Cake

CREAM thoroughly three-quarters of a cupful of sugar. Add the beaten yolks of three eggs, one-half of the grated rind of one orange, and one-quarter of a teaspoonful of salt. In a cup put the strained juice of two large oranges and fill up with cold water. Add this to the batter, alternating it with three and one-half cupfuls of flour. Beat hard, add the stiffly whipped whites of the eggs and two teaspoonfuls of baking powder, beat again for several minutes, and bake in layer pans. For the filling scald one cupful of milk in a double boiler. Beat together until light three level tablespoonfuls of cornstarch, two tablespoonfuls of sugar, and the yolks of three eggs. Add this to the milk, stir until it thickens, take from the fire, add one-half of the grated rind of an orange and two tablespoonfuls of strained orange juice, cover and set aside until cool, then spread between the cake layers. Into two tablespoonfuls of strained orange juice stir sufficient sifted powdered sugar to make a thick icing, and spread this over the top of the cake.

Sour Cream Spice Cake

ONE egg, one cupful of sugar, one-half cupful of butter, one cupful of sour cream — if very rich, scant the butter — one teaspoonful each of soda, cinnamon, cloves, and nutmeg, one cupful of chopped raisins, two scant cupfuls of flour, and a pinch of salt. Cream is so variable that a "try loaf" should be baked before the big one.

Honey Fruit Cake

FOUR eggs, five cupfuls of flour, two cupfuls of honey, one cupful of butter, one cupful of sweet milk, two teaspoonfuls of cream of tartar, one teaspoonful of soda, one pound of raisins, one pound of currants, half a pound of citron, one teaspoonful each of cloves, cinnamon, and nutmeg. Bake in a slow oven. This cake will keep a long time.

Old-Fashioned Apple Fruit Cake

1 cupful butter.
1½ cupfuls sugar.
4 eggs.
2 cupfuls sour cream.
2 teaspoonfuls soda.
1 teaspoonful baking powder.
1 teaspoonful cinnamon.
1 teaspoonful cloves.
1 teaspoonful ginger.
1 tablespoonful lemon extract.
1 cupful chopped raisins.
Flour to make a stiff batter.

Bake very slowly.

ADD just before baking the apples, which have been prepared the day before the cake is to be made, as follows: one and one-half pints of dried apples soaked over night, then chopped and cooked in two cupfuls of maple syrup; simmer slowly, and add a little water if in danger of burning. This cake must be allowed to ripen same as any other fruit cake and will be found "perfectly fine," as the one who sent it said.

Half-Pound Fruit Cake

CREAM half a pound of butter and add gradually, while beating constantly, half a pound of sugar. Separate the yolks from the whites of five eggs. Beat the yolks until thick and lemon-colored, then beat the whites until stiff and dry, and add to the first mixture; then add the grated rind of half a lemon, two teaspoonfuls of lemon juice, half a pound of flour, and one-fourth teaspoonful of soda. Beat thoroughly, and add half a pound of seeded raisins, cut in pieces and dredged with one and one-half tablespoonfuls of flour, also half a cupful of English walnut meats broken into pieces. Turn into a buttered and floured angel cake pan, and bake in a slow oven one and one-fourth hours. This is a treasured family recipe.

Buttermilk Cake

TWO-THIRDS of a cupful of butter, two cupfuls of sugar, yolks of three eggs, one cupful of sour buttermilk, whites of three eggs, three cupfuls of flour containing three-quarters of a teaspoonful of soda. Mix in the order given.

Bachelor's Cake

4 eggs.
1½ cupfuls sugar.
½ cupful butter.
2 ounces bitter chocolate.
¼ cupful hot water.
2 teaspoonfuls baking powder.
½ cupful sweet milk.
2 cupfuls flour.
1 cupful nuts, coarsely chopped.
1 cupful seeded raisins.
1 tablespoonful cinnamon.
1 teaspoonful vanilla extract.

MELT the chocolate and add one-half cupful of sugar, the water, one whole egg, and one egg yolk. Cook this mixture over hot water until it begins to thicken. Remove from the fire, add the vanilla extract, and cool. Cream the butter and add the remaining sugar, then add the two egg yolks, one at a time, without beating. Then add the flour, baking powder, and cinnamon. Beat well, and add the chocolate mixture, fold in the three egg whites, beaten stiff, and lastly add the nuts and raisins. Bake in two layers and put together with currant jelly. Ice with plain white frosting sprinkled with nuts, if desired.

Black Fruit Cake

1 pound brown sugar.
1 pound flour.
9 egg yolks; twelve egg whites.
1 pound butter.
2 oranges.
1 glass currant jelly.
1 tablespoonful each of cinnamon, allspice, cloves, nutmeg, mace.
1 pound English walnuts, sliced.
1 pound figs, chopped.
1 pound citron, sliced thin.
3 pounds currants, washed and dried.
2 pounds seeded raisins.
¼ cupful cold coffee, with one teaspoon soda dissolved in it.

WORK the butter to a cream and add the sugar, beat thoroughly. Then add the egg yolks, beaten until thick. Brown the flour and add it with the coffee and spices, beat thoroughly, and add the grated rind and juice of the oranges and the currant jelly. Then add the egg whites. Now mix all the fruits and spices together and add the mixture slowly until all is in. Place in two greased pans lined with thick paper and floured. Steam for two hours and bake in a moderate oven

for two more. Turn from the pans and when cool slowly pour a half-cupful of brandy over each. This makes a most delicious and appetizing cake suitable for almost any occasion.

College Fudge Cake

BEAT half a cupful of butter to a cream; gradually beat into it one cupful and a half of sifted brown sugar. Beat the yolks of two eggs, then beat in half a cupful of sifted brown sugar, and beat the two together; add four ounces of chocolate melted over hot water; pour half a cupful of hot water into the chocolate dish, rinse thoroughly, and add with half a cupful of sour milk to the egg and butter mixture, alternately, with two cupfuls and a half of sifted flour, sifted again with one level teaspoonful of soda. Flavor with vanilla, and beat in the whites of two eggs, beaten dry. Have ready three layer cake pans; put mixture into two of these, leaving one-third of it in the bowl; to this add half a teaspoonful of cinnamon, one-fourth teaspoonful of cloves, and half a cupful of chopped raisins and French fruit (softened in hot water if needed); beat thoroughly and turn into the third tin. Put the layers together and cover the outside with "sweet sixteen" frosting. Decorate the top with a wreath of cherries cut in pieces or with small red candies. To make the frosting boil two cupfuls of sugar, either granulated, brown, or maple, half a cupful of Karo corn syrup, and half a cupful of water, until a rather firm soft ball is formed when the syrup is tested in cold water. Pour in a fine stream onto the whites of two eggs, beaten dry, beating constantly meanwhile. Beat occasionally until cold; add one cupful of pecan nut meats, broken in pieces, one-fourth teaspoonful of salt, and four cooked figs, cut in thin slices. Flavor to taste.

Soft Gingerbread without Eggs

ONE cupful each of sour milk, sugar, and molasses, two tablespoonfuls of softened butter, one teaspoonful each of ground cinnamon, ginger, and soda, one-half teaspoonful of

salt, three cupfuls of flour. This quantity will make one nice square loaf, and half a dozen medium-sized cakes baked in muffin pans. A little sugar sprinkled over the cake as it goes into the oven gives a fine flavor.

Gingerbread

ONE cupful of butter, one cupful of sugar, creamed, one cupful of molasses, one cupful of sour cream or sour milk, two teaspoonfuls of soda dissolved in a little hot water, one-half teaspoonful of salt, two teaspoonfuls of ginger, one teaspoonful of cinnamon, two eggs thoroughly beaten, flour to make as thick as ordinary cake, one cupful of raisins dredged in flour and added lastly to the mixture.

Hot Water Gingerbread

ONE-HALF cupful of sugar, one-half of molasses, one-half of shortening, one and three-fourths cupfuls of flour, one teaspoonful of cinnamon, one-quarter teaspoonful each of ginger and salt, one-eighth teaspoonful of nutmeg, one teaspoonful of soda, and three-fourths cupful of boiling water. Bake in moderate oven.

Sour Milk Cake

ONE cupful of sour milk, one cupful of granulated sugar, one-quarter cupful of butter, two cupfuls of flour, and one cupful of raisins or currants (if latter, use one-quarter teaspoonful of mace for flavor). To use for drop cakes, scant the shortening and round one cupful of the flour.

Caramel Cake

BREAK one-half cake chocolate into pieces or grate it, one cupful of sugar, one-half cupful of milk, yolk of one egg, mix and boil until thick as cream, then cool. Beat one cupful of sugar and one-half cupful of butter to a cream, add one cupful of milk, then two and three-fourths of flour, to which two

heaping teaspoonfuls of baking powder have been added. Lastly add the whites of two eggs, beaten very stiff. Bake in two square cake tins and put together with white icing.

Ice-Cream Cake

ONE cupful of butter, one and one-half cupfuls of sugar, two cupfuls of flour, half a cupful of milk, the whites of five eggs, two level teaspoonfuls of baking powder, and half a teaspoonful of vanilla. Beat the butter to a cream and gradually beat in the sugar and then the vanilla, now add the milk, also the whites of eggs beaten to a stiff froth, then stir in the flour and the baking powder mixed together. Pour this batter into shallow cake pans that have been well greased, and bake in a moderate oven for twenty-five minutes; when cool, ice. For the icing take two cupfuls of granulated sugar, one-half cupful of boiling water, and beat gently for a few minutes, boil till it ropes, then pour over the whites of two eggs that have been beaten stiff; flavor with vanilla or any flavor desired, and beat until cold, spread between and on top and sides of layers when cool. This rule won a prize at a cake contest.

Cocoanut Gingerbread

THIS recipe requires no eggs, which is often a great advantage when they are expensive. Put in a mixing-bowl one cupful of molasses and half a cupful of boiling water. Into this sift two and one-quarter cupfuls of flour, a dash of salt, one and one-half teaspoonfuls of ginger, and one teaspoonful of soda. Beat well, then add a quarter of a cupful of melted butter and beat again till smooth. Pour into buttered, floured pans and bake in a moderate oven. The frosting is made of powdered sugar, wet with cream, and flavored with vanilla. Sprinkle it while still moist with cocoanut. Bake in two layer cake pans, spread on the frosting when cool. The sweet icing takes away a certain bitter taste given by molasses and enriches the gingerbread.

Hickory Nut Cake

Two cupfuls of sugar, one of milk, three eggs, three-fourths of a cupful of butter, three of flour, two teaspoonfuls of baking powder, and one cupful of hickory nut kernels chopped fine. Ice the top and sprinkle thickly with chopped nuts.

Nut Cake

Half a cupful of butter, three eggs, one cupful of sugar, two cupfuls of flour, two teaspoonfuls of baking powder, a few drops of almond or vanilla flavoring, and a cupful of chopped nuts, of any preferred variety. Add sufficient milk to make a rather stiff batter, and bake in a moderately hot oven. Ice with plain, white icing, decorated with whole or chopped nuts.

Chocolate Cake

One-half cupful of butter, one and one-half cupfuls sugar, four egg yolks, one-half cupful milk, two tablespoonfuls chocolate, and five tablespoonfuls hot water mixed together, two and one-half cupfuls flour, sifted, two teaspoonfuls baking powder, one teaspoonful vanilla, whites of four eggs, beaten and put in last.

Devil's Food

Cook together one cupful of sugar, one-half of a cupful of milk, a piece of butter the size of a walnut, and one-half cake of unsweetened chocolate. Just before taking from the fire, add the beaten yolk of one egg. Flavor with vanilla. Cream together one cupful of butter and one and one-half cupfuls of sugar. Add the well-beaten yolks of three eggs and one cupful of milk. Sift two teaspoonfuls of baking powder with three cupfuls of flour. Beat the whites of four eggs. When the cooked chocolate part has cooled add it to the dough, then the flour and whites. Bake, and when cool cover with chocolate frosting.

Cream Cake

ONE egg, one cupful of sugar, two-thirds of a cupful of sweet milk, two cupfuls of flour, two tablespoonfuls of butter, three tablespoonfuls of cocoanut, two teaspoonfuls of baking powder. Bake in three layers. To make the filling take one cupful of sweet milk, one-half cupful of sugar, one tablespoonful of butter. Beat one egg in a dish with one heaping teaspoonful of cornstarch, and add. Stir until the boiling point is reached, when remove from fire.

Golden Wedding Cake

THREE-QUARTERS cupful butter, one and one-half cupfuls sugar, eight eggs, two and one-quarter cupfuls wheat flour, four teaspoonfuls baking powder, one and one-half cupfuls milk, one-quarter teaspoonful salt, and one teaspoonful orange extract. Cream butter, add sugar gradually, beating constantly, add egg yolks beaten until thick and light; mix and sift flour, baking powder, and salt; add to first mixture alternately with the milk. Beat well, add extract, and cut and fold in the whites of eggs beaten stiff. Pour into round, deep, buttered pan, having a tube in the centre; line bottom of pan with buttered paper. Bake from fifty minutes to one hour. When done invert on cake cooler, remove paper, turn cake right side up. When cold spread with fig mixture and frost with orange frosting. Arrange a bunch of daffodils in centre. To make fig filling: take two cupfuls figs, finely chopped, one-half cupful of sugar, one-half cupful boiling water, two tablespoonfuls lemon juice, slight grating lemon rind, one tablespoonful butter, few grains salt. Mix ingredients in the order given and cook over hot water until of the consistency to spread. To make orange frosting soak the grated rind of an orange in one-fourth cupful orange juice and one teaspoonful lemon juice thirty minutes; strain. Beat egg yolks, add to first mixture, then add confectioners' sugar until of the consistency to spread.

New England Date Cake

¾ cupful butter.
1½ cupfuls sugar.
3 eggs, whites and yolks beaten separately.
1 teaspoonful lemon extract.
¼ teaspoonful mace.
½ cupful milk.
3 cupfuls flour
1 teaspoonful cream of tartar, and
½ teaspoonful soda, or
4 teaspoonfuls baking powder.
1 cupful dates.

CREAM the butter, add sugar gradually, beating constantly; add the egg yolks beaten thick and light, then the extract. Sift flour, reserve one-fourth cupful, with soda, cream of tartar or baking powder, and mace, and add alternately to first mixture with milk. Stone the dates and cut them in thin slices with a sharp knife. Flour them with the reserved flour and add to mixture. Lastly cut and fold in the whites of eggs beaten stiff and dry. Bake in loaves in buttered brick-shaped bread pans forty-five minutes in a moderate oven. This is the basis of countless varieties of cake. Any kind of fruit or nuts may be added to this mixture. For nut cake add one cupful of finely chopped English walnut meats. For currant cake add one cupful of currants in place of dates, etc.

Burnt Leather Cake

STIR and cook one cupful of brown sugar over a quick fire till it becomes rich, dark-brown caramel; add half a cupful of cold water and let boil four or five minutes. Then set aside for use. Beat half a cupful of butter to a cream; gradually beat in one cupful and a half of granulated sugar, then the well-beaten yolks of two eggs, one cupful of lukewarm water, and two cupfuls of sifted flour. Beat five minutes; add three tablespoonfuls of the caramel syrup, one teaspoonful of vanilla extract, four level teaspoonfuls of baking powder,

sifted with half a cupful of flour, and, lastly, the whites of three eggs, beaten to a stiff froth. Bake in layer cake pans in a quick oven.

Filling and Frosting

BOIL one cupful of sugar and four tablespoonfuls of water to a syrup that will spin a thread about three inches in length. Pour in a fine stream onto the white of one large egg, beaten dry. Add one tablespoonful of caramel syrup, beat till cold, and put between the layers, and on top and sides of the cake.

Prize Imperial Cake

THREE-FOURTHS pound butter, three-fourths pound sugar, three-fourths pound flour, fifteen egg whites, one teaspoonful rose extract, one pint burnt almonds, one pint thick cream, three tablespoonfuls powdered sugar, half teaspoonful extract bitter almonds, one tablespoonful rum. Beat the butter to a cream and gradually add the sugar. Beat the egg whites until stiff and then add them alternately with the flour. Add the extract, and bake in three well-greased and floured layer cake pans. Grind the almonds very fine and whip the cream until stiff. Now mix the two, reserving one cupful of almonds. Add the sugar and extract to the mixture, and lastly the rum. Beat well and when the layers are cold put this cream filling between them: To one cupful confectioner's sugar add three tablespoonfuls of cream and the cupful of almonds. Mix thoroughly and cover the top of the cake.

White Cake with Cocoa Filling

SIFT together one-half cupful of granulated sugar, two cupfuls of flour, four teaspoonfuls of baking powder, and one-quarter teaspoonful of salt. Into this rub lightly with the fingers one-third cupful of butter or butter and lard. Grease the baking-pan and dredge lightly with flour, shaking out the surplus. To the dry ingredients add one cupful of water or

milk, one teaspoonful of vanilla, one-quarter teaspoonful of almond. Stir together until well mixed, then beat until it begins to thicken and look smooth. Pour at once into a baking-pan and bake in a moderate oven. It may need to be put on the top grate a few minutes. If mixed exactly by the directions and the oven is right, you will have no failures. This may be made into a chocolate cake by adding two or three tablespoonfuls of cocoa, in which case use white frosting. For cocoa frosting take one cupful of granulated sugar, four tablespoonfuls of cocoa, two tablespoonfuls of milk or water. Boil until it drops thickly from the spoon, then test in cold water. If it forms a soft ball, remove from fire at once, set in cold water, and stir until smooth and thick enough to spread. Put on before cake is entirely cold.

Roll Jelly Cake

3 eggs.
1 tablespoonful of butter.
1 cupful of sugar.
1 cupful of flour.
1 teaspoonful of baking powder.

BEAT the eggs very light, add the sugar, then the butter melted, lastly the sifted flour and baking powder. Spread very thinly in shallow pans lined with paper. Bake twelve minutes in a quick oven. Take from the pan at once, remove the paper, spread the jelly of any flavor, roll up while quite warm. The jelly will spread better if slightly warm.

Sunshine Cake

10 eggs, whites.
1 teaspoonful cream of tartar.
1 cupful of flour.
6 eggs, yolks.
1½ cupfuls of sifted pulverized sugar.
Grated peel of one orange.

BEAT the whites very stiff, then cream in one-half the sugar, beat the yolks light, add orange peel and the rest of the sugar, put the yolks and whites together, adding flour and cream of tartar. Mix very quickly. Put in ungreased pan and bake for one hour in a very slow oven.

Angel Food

11 whites of eggs.
1½ cupfuls of sifted pulverized sugar.
1 teaspoonful of vanilla.
1½ cupfuls of granulated sugar.
1½ cupfuls of flour.
1 teaspoonful of cream of tartar.

BEAT the whites to a stiff froth, then sift the flour and sugar separately seven times. Add the sugar and flour, a little at a time, to the eggs. Bake forty minutes. Be sure to use a pan that has never been greased.

Doughnuts

1 cupful of sugar.
1 tablespoonful of melted lard.
1 scant teaspoonful of salt.
2 eggs beaten light.
1 cupful of milk.
2 teaspoonfuls of baking powder.
Seasoning to taste.

ADD flour enough to knead as soft as possible. Cut and fry in boiling lard. Sour milk may be used in place of sweet by using one level teaspoonful of soda. Roll in powdered sugar.

Delicious Potato Doughnuts

TWO cupfuls of sugar, butter the size of an egg and a half, three eggs, three freshly boiled and mashed potatoes. Beat all the ingredients until thoroughly blended, then add one cupful of milk and five cupfuls of flour in which four teaspoonfuls of baking powder have been sifted. Nutmeg to flavor. Fry in boiling lard, drain on brown paper. If desired dip in powdered sugar when almost cold.

Perfection Doughnuts

THREE eggs, butter size of an egg, one cupful of sugar, one cupful of sweet milk, a pinch of salt, three teaspoonfuls of baking powder sifted in enough flour to mix stiff. Roll rather thin, fry in hot lard. Be sure to have the lard quite hot before dropping doughnuts in. They will drop to the

bottom of kettle and almost instantly rise to the top. Turn when brown, and when done a golden brown on both sides lift out carefully and roll in pulverized sugar while hot.

Chocolate Crullers

Two eggs, beaten until they are creamy, and then beaten in one cupful of sugar, one tablespoonful of melted butter, one-half teaspoonful each of salt and cinnamon, one square of melted chocolate. Mix well, and then add one cupful of sweet milk, three cupfuls of flour sifted with two teaspoonfuls of baking powder; roll out one-fourth inch thick on a floured board, cut, and cook to a golden brown in smoking hot fat. Dip in powdered sugar.

Orange Cookies

Three-fourths of a cupful of butter, one cupful of sugar, one and one-half heaping teaspoonfuls of baking powder, three eggs, whites and yolks beaten separately, grated rind of two oranges, one and one-half cupfuls of flour. Mix well, drop on buttered pans from teaspoon, bake in quick oven.

Sugar Cookies

2 cupfuls of sugar.
¾ cupful of milk.
5 cupfuls of flour.
1 cupful of butter.
2 eggs.
2 teaspoonfuls of baking powder.

Roll thin, sprinkle with sugar, and bake quickly. A raisin may be put on the top before baking.

Almond Cookies

¼ pound butter.
½ pound sugar.
Yolk of 1 egg.
½ pint sour cream.
⅓ teaspoonful soda.
½ teaspoonful of vanilla.
¼ teaspoonful almond extract.
Flour enough to roll out very thin.

Cream butter and sugar, add the beaten egg yolk, dissolve the soda in the milk. Cut in cakes with the cutter and press a blanched almond in the centre. Bake in a quick oven.

Jack Horner Bran Cookies

THESE are invariably relished by children and are excellent for school luncheons or the nursery supper. Cream one-half cupful of butter with one cupful of moist brown sugar, adding, in the order mentioned, two tablespoonfuls of cream, two well-beaten eggs, two and one-half cupfuls of bran, two teaspoonfuls of baking powder, and sifted flour enough to roll out; sprinkle the cookies with grated nutmeg and granulated sugar. Place them not too closely together in the pans, as they spread a good deal in baking. Bake in a hot oven.

Oatmeal Cookies — Good

½ cupful of butter.
1½ cupfuls sugar.
1¾ cupfuls of raw oatmeal.
¾ teaspoonful of soda.
1 teaspoonful of cinnamon.
5 tablespoonfuls of sweet milk.
½ scant cupful of lard.
2 eggs.
2 cupfuls of flour.
½ teaspoonful of salt.
1½ cupfuls of raisins.

DROP by the teaspoonful on floured tins and bake in a moderate oven.

Fudge Squares

FOUR eggs, two cupfuls brown sugar, two cupfuls flour, one-half cupful melted chocolate, one cupful nuts, one teaspoonful vanilla, one teaspoonful baking powder. Mix eggs, sugar, and melted chocolate together, then add flour and baking powder sifted together, and then vanilla, lastly, nuts. Bake in one sheet on buttered pan, and cut in squares when almost cold.

Sour Cream Cookies

CREAM together two cupfuls of soft white sugar, and one cupful of butter. Add three well-beaten eggs, and one cupful of sour cream into which has been stirred a teaspoonful of soda. Flavor to taste. Mix in enough flour to make a soft dough, roll out thin, and bake in quick oven.

Children's Delight Cookies

ONE cupful of butter, two cupfuls of sugar, three cupfuls of flour, four eggs. Beat butter and sugar together until creamy. Add eggs, then flour and one teaspoonful vanilla. Cover dough when rolled out with a mixture of finely chopped nuts, raisins, citron, and currants, and cut cookies very small, about an inch in diameter.

Ginger Cookies

ONE cupful butter, one cupful sugar, one cupful molasses, one egg, one tablespoonful soda, one tablespoonful ginger. Do not make stiff. Sprinkle with sugar before baking.

Butternut Wafers

ONE cupful of butternut meats chopped rather fine, one cupful brown sugar, two eggs, four rounded tablespoonfuls flour. Beat yolks, add sugar, then whites and nut meats, flour last. Add a pinch of salt and a little vanilla. Drop one-half teaspoonful on buttered tin.

Sand Cakes

WASH one pound of butter and stir it to a cream; gradually add half a pound of sugar, two eggs, and one and one-half pounds of flour. Roll out thin. Cut out into round cakes, wash over with the yolk of egg beaten with a little sugar, and strew with sugar, cinnamon, and almonds.

Pecan Marguerites

Whites of 2 eggs.
1 cupful chopped pecans.
1 cupful pulverized sugar.
1 teaspoonful vanilla.

WHITES of eggs beaten stiff. Add sugar, stirring well, then pecans and vanilla, stirring all together. Spread the mixture on fresh zephyrettes, and brown slowly in the oven.

Butter Cookies

STIR very foamy one cupful of butter, one-half cupful of sugar, one whole egg and two yolks; then add two cupfuls of finely sifted flour, flavor with almond extract. Let the dough rest for an hour, covered, and in a cool place. Then take out on floured baking board and cut out small cookies. Brush with white of egg and sprinkle with granulated sugar. Bake a very light golden brown, on floured tins.

Tea-Table Cookies

STIR one-half cupful of butter, seven tablespoonfuls of powdered sugar, and yolks of three eggs until creamy. Mix in one cupful of almonds, grated, and one and one-half cupfuls of finely sifted flour. Sprinkle the baking board with flour, roll out the dough to one-eighth inch thickness, cut with a round cutter, brush with yolk of egg and tablespoonful of milk and bake on floured tins.

Peanut Cookies

CREAM two tablespoonfuls of butter with one cupful of sugar. Add three eggs well beaten, a pint of peanuts chopped fine, two tablespoonfuls of milk, a pinch of salt, and enough flour to make a soft dough, bake in slow oven.

Molasses Cookies

1 egg.
1 cupful molasses.
1 tablespoonful ginger.
½ cupful hot water.
1 cupful sugar, brown.
1 cup shortening, butter or lard.
1 tablespoonful soda.
1 tablespoonful vinegar.
A pinch of salt.

STIR egg and sugar to a cream. Add molasses, shortening, and ginger, stirring all together. Dissolve soda in hot water and add. Put in vinegar last thing before flour. Mix stiff enough to roll out, and cut.

To Flavor Cookies

An orange, an apple, or a lemon, put in the jar with newly made sweet cakes, tea cakes, or cookies, or in the cake box, will give a delicate and delicious flavor. Dried lemon or orange peel will do the same.

Christmas Cakes of All Nations

In most American families there is some treasured recipe for a fruit cake, plum pudding, cookies, or candy, which has been handed down for generations and used at the holiday season. Without these special good things Christmas would lose much of its charm.

How the missing member of a family forced to spend the holidays away from the family roof-tree longs for a taste of the traditional "pie," "cake," or whatever the particular dish may be; and in packing a "Christmas box" the first articles to be thought of are things to eat.

All over the world half of the preparations for Christmas centre in the kitchen, and in Germany, where cakes are made with wonderful lasting qualities, the work begins months in advance, for people in the United States celebrate with genuine cakes imported from the "Fatherland." All large importing houses lay in a supply of all varieties of "*Kuchen*," so German bakers and housewives are busy long before most people begin to think about Christmas.

A few recipes are given with directions for mixing some of the most famous of German holiday cakes.

No well-to-do German family would think the Christmas celebration complete without rich cake called "*Stolle*," which is served on all occasions. Many cakes are made in shape of animals, decorated with colored sugars, and used to ornament the tree. American bakers are now making very good imitations of these German holiday cakes to supply the foreign population of our large cities.

To make "*Stolle*" mix three and a half pounds of flour with one yeast cake dissolved in a pint of warm milk; add a pinch of salt, set to rise in a warm place; beat the yolks of eight eggs with a half-pound of sugar, and a half-pint of melted butter; add these to the dough, also a half-pound of seeded raisins and a half-pound of chopped, blanched almonds; candied lemon or orange peel may be used if on hand. Stir in a dessertspoonful of yeast kept out for that purpose, and set to rise until very light. Make into rather narrow loaves, glaze with melted butter, and stick almonds over the top as thick as they will hold. It will take nearly an hour to bake in a moderate oven.

Mince pie, fruit cake, and plum pudding are all features of the Christmas table in England, and generally the first mince pie of the season makes its appearance on that day, as it is considered unlucky to have them earlier in the season. Stirring the plum pudding is an affair conducted with great ceremony, called "blessing the pudding." Each member of the household including baby takes the spoon in which brandy is poured and invokes a blessing upon the family. The head of the house begins this ceremony, and so on in regular order. It is also considered unlucky to get a slice of the same pudding with a bit of the blazing brandy on it, when it is served with a wreath of holly around the plate.

In South American countries a peculiar fritter is made in the shape of a ring, and sold in all the streets. They also have a great many concoctions of nougats, and other sweet cakes and confections.

In Scotland, at this season, the people indulge in a very rich short-cake in which caraway seeds and cinnamon figure as flavoring. A very good substitute for this cake may be purchased at most of the large bake shops in this country.

The children of Holland, as well as their elders, consume great quantities of what they call "St. Nicholas cake." It is much like our gingerbread, but it is made always in the form of little men and women whom they call "*vrijers*," or

in plain English "sweethearts," and a man cookie is always offered to a woman and *vice versa*.

The French people do the greater part of their feasting and gift-making at New Year's, but at Christmas, which is more essentially a day for children, they serve a delicious "honey cake" made after this fashion: three-quarters of a pound of honey is heated with the same quantity of sugar; a half-pound of sweet almonds and an ounce and a half of bitter almonds, both pounded to a paste, are added; four ounces of candied lemon peel and the grated rind; an ounce each of cloves and cinnamon, and one-third of an ounce of soda. For flavoring, the favorite rose water is added to the amount of half a teacupful. Flour is kneaded in, about a pound and a quarter. When the mass is cold, roll out, put cherries over the top, and bake in a moderate oven.

Springerle is a white cake full of anise seed, and it is the delight of the German girls to be allowed to assist in moulding these cookies on the wooden forms resembling flowers and quaint little figures. This is the recipe: to one pound of sugar add as much soda as will rest on the point of a silver table knife, beat well with four unseparated eggs, the juice and grated rind of one lemon, and one pound of flour. Now the dough must rest for several hours, then small pinches are rolled out very thin and pressed over the floured moulds; they are sprinkled with anise seed and left over night, when the moulds are removed and the cakes baked in buttered tins.

German Christmas Cakes

INTO one quart of molasses, New Orleans is best, put a tablespoonful of black pepper, one of cinnamon, a teaspoonful of ground cloves and the grated rind of two oranges and one lemon. Let this stand a day. Then add flour enough to make rather a stiff dough, add about four teaspoonfuls of baking powder, which must be mixed with the flour, and a large spoonful of lard. Roll out the dough into long strips

about as thick as your finger, working in more flour if too soft to roll, and with a sharp knife cut into pieces the size of a nut about half an inch long. Bake in a hot oven. Be careful not to put the nuts too near together in the pans or they will stick together. If they do, break them apart while hot.

New Year's Almond Cakes

ONE pound of sifted flour, half a pound of butter, three-quarters of a pound of sugar, two eggs, half a teaspoonful each of essence of lemon and of bitter almonds, two teaspoonfuls of ground ginger, one teaspoonful of cinnamon, four ounces of almonds, blanched and chopped very small, two ounces of mixed candied peel, also very finely chopped. Mix all the dry ingredients together, then rub in the butter; add eggs and essences last of all. Mix to a smooth paste, and roll out on a floured board to half-inch thickness; cut in round or fancy shapes, and bake on a dry tin in a slow oven.

New Year's Cherry and Ginger Cakes

THIS recipe should commend itself, as it is very easily and quickly made. Take two pounds of fine flour sifted, and mix into it four teaspoonfuls of baking powder; beat together to a cream half a pound of butter and three-quarters of a pound of fine sugar, then add six eggs, two at a time, and beat well with the sugar and butter. Stir in a little flour, then add half a pint of rich, sweet milk, then the remaining portion of flour gradually, and any flavoring that may be preferred, or none; last of all, add half a pound of preserved *glacé* cherries, cut in halves, and half a pound of soft crystallized ginger cut small. Grease a cake tin, then line it with well-buttered paper; dust it with flour and pour in the mixture; bake slowly in an oven that has been thoroughly heated, and then allowed to cool to a moderate heat; time required from one and a half to two hours.

New Year's Gingerbread Nuts

THESE are favorite dainties with little folks. Put a pound of brown sugar in the mixing bowl, add one-fourth of a pound of butter and a pint of molasses. Stir these until well blended; add a tablespoonful of freshly ground ginger, a tablespoonful of caraway seeds, and half a cupful of candied orange peel cut in tiny pieces. Mix well, add two beaten eggs, then stir in a pint of flour sifted with a teaspoonful of soda. Mix well and add as much more flour as may be necessary to form a firm dough. Break off little bits about half the size of a hen's egg and then roll into small balls; put a tiny square of candied orange peel on top of each. Place on baking sheets so that they do not touch, and bake in a slow oven for half an hour. Candied cherries cut in halves, or bits of soft, crystallized ginger, may be used to decorate the tops in place of the orange peel.

Thanksgiving Cake

SOAK two cupfuls of dried apples over night and in the morning chop fine and boil for half an hour in a cupful of molasses, then add a cupful of sugar, one cupful of butter, rubbed together, a cupful of milk, one large cupful of raisins and one of currants, four cupfuls of flour, one heaping teaspoonful of soda, and a teaspoonful each of cinnamon, ginger, nutmeg, allspice, and cloves. Bake in one loaf and ice with white frosting.

Scripture Cake

FOUR and one-half cupfuls of I Kings iv., 22 (flour); one cupful of Judges v., 25, last clause (butter); two cupfuls of Jeremiah vi., 20 (sugar); two cupfuls of I Samuel xxx., 12 (raisins); two cupfuls of Nahum iii., 12 (figs); six cupfuls of Jeremiah xvii., 11 (eggs); two cupfuls of Numbers xvii., 8 (almonds); one cupful of Judges iv., 19, last clause (milk); six

tablespoonfuls I Samuel xiv., 25 (honey); two teaspoonfuls Amos iv., 5 (baking powder); a pinch of Leviticus ii., 13 (salt); season to taste with II Chronicles ix., 9 (spices).

Scripture Honey Cakes

ONE cupful of butter, Judges v., 25; three and one-half cupfuls of flour, I Kings iv., 22; two cupfuls of sugar, Jeremiah vi., 20; two cupfuls of raisins, I Samuel xxx., 12; two cupfuls of figs, I Samuel xxx., 12; one cupful of water, Genesis, xxiv., 17; one cupful of almonds, Genesis xliii., 11; little salt, Leviticus ii., 13; six eggs, Isaiah x., 14; one large spoonful of honey, Exodus xvi., 31; sweet spices to taste, I Kings x., 2. Follow Solomon's advice for making good boys and you will have a good cake, Prov. xxiii., 14. Sift two teaspoonfuls of baking powder in the flour, pour boiling water on the almonds to remove the skins, seed the raisins, and chop the figs. It makes one large or two small cakes.

Ribbon Cake

CREAM one cupful of butter and two cupfuls of sugar; then add four well-beaten eggs, one cupful sweet milk, three and one-half of sifted flour, to which has been added one heaping teaspoonful of baking powder. Divide into three parts; to the first add one tablespoonful of melted chocolate and flavor with vanilla; flavor the second with lemon, and to the third add a few drops of fruit coloring, making as deep a pink as desired, and bake each in a layer cake tin. Place the plain one on the bottom, spread with boiled icing; then the brown, spread likewise, and then the pink. Have enough icing for the top and to this add a few drops of the coloring. This can be made red, white, and blue for a Washington cake, which is nice.

Rye Bread Torta

TEN ounces of almonds chopped fine. Twelve eggs, three-quarters of a pound of sugar, four and one-half ounces of citron, cut fine, three-quarters of a pound of grated rye bread,

one whole lemon, grated, one teaspoonful of ground cloves, one wineglassful of red wine. Beat the sugar and yolks of eggs one-half hour. Add lemon and almonds, then citron and cloves, and rye bread, which has been moistened with the wine, and at last the whites of eggs well beaten. This makes two loaf cakes, is delicious, and keeps indefinitely.

Dominos

SPREAD sponge cake batter about one-third of an inch deep in long tins, and bake in a quick oven. Have a paper about twice the size of the cake spread on the table, and as each cake is baked turn it upside down in the centre of the paper, spread it with a thin layer of pineapple jelly, and lay the other cake on it upside down. With a sharp knife cut it lengthwise through the centre, then divide it across in six equal pieces. Put a large dessertspoonful of white frosting on each piece, and spread it smoothly over the top and sides; leave it until quite dry. Then with chocolate icing, make a line across the centre of each cake, and spots as on real dominos.

Pistachio Cake

CREAM together one cupful of butter and one and one-half cupfuls of sugar; add one-half cupful of milk or cream; stir in one cupful of flour and one of cornstarch, into which one teaspoonful of baking powder has been sifted; add ten drops of bitter almond extract and two tablespoonfuls of orange-flower water, and fold in deftly the stiffly beaten whites of six eggs. Beat thoroughly and bake in shallow jelly cake pans. For the filling, boil two cupfuls of granulated sugar with one cupful of water until it will spin a thread; then pour it over the beaten whites of three eggs. Color with green vegetable coloring, add one teaspoonful of pistachio flavoring, six drops of bitter almond extract, and two heaping tablespoonfuls of pistachio nuts, finely chopped. Beat until thick, and when cold, spread between layers.

Watermelon Cake

To make the red part, take one cup red sugar, half-cupful butter, one-third cupful sweet milk, two cupfuls flour, whites of four eggs, one teaspoonful of baking powder, and one cupful seeded raisins. To make the white part take two cupfuls white sugar, one of butter, one of sweet milk, three and one-half of flour, whites of eight eggs, and two teaspoonfuls baking powder. Use a cake tin with the tube in the centre. Put the red batter around the tube and the white around the edge of the tin. It requires two persons to fill the tin properly.

Archangel Cake, Marshmallow Frosting

With a wire potato masher, beat one cupful of butter to a cream and gradually beat in one cupful of granulated sugar. Beat the whites of eight eggs until dry. Add a little of the beaten eggs to the butter and sugar, then add two cupfuls of sifted flour, sifted again with two level teaspoonfuls of baking powder, the rest of the egg whites, and half a teaspoonful of almond extract. Bake in a pan with tube in centre in layers or a sheet.

Frosting

Boil one cupful and a half of brown sugar and three-fourths cupful of cream to the soft ball stage. It will require about forty minutes. Add one-half pound of marshmallows and beat until the mixture is smooth; add one teaspoonful of vanilla.

Harvest Cake

Mix one-half cupful of butter with one and one-half cupfuls of sugar, one-half cupful of milk, two cupfuls of sifted flour, one heaping teaspoonful of baking powder, the beaten whites of four eggs, and a teaspoonful of almond or lemon flavoring. Bake in one sheet. Cut in squares and ice with pale green and pale yellow frosting. On the squares iced with

yellow, place tiny stacks of angelica cut in strips tied with a wee bow of baby ribbon. On the squares iced with green, place similar stacks of candied orange peel.

Cocoanut Cakelets

1 cupful of sugar.
2 eggs.
1 teaspoonful of baking powder.
½ cupful of butter.
½ cupful of milk.
1½ cupfuls of flour.
1 cupful desiccated cocoanut.

CREAM the butter and sugar, add beaten yolks of eggs, then the milk and sifted flour, in which put the baking powder. To this add the beaten whites of eggs and the cocoanut. Drop a spoonful at a time on a shallow pan, do not let them touch each other, do not spread them, they form themselves in the oven. A dab of frosting may be placed on each, with a candied cherry.

Madelines

1½ cupfuls of pulverized sugar.
¾ cupful of sweet milk.
8 egg yolks.
1½ cupfuls of cornstarch.
½ cupful butter.
Nutmeg to flavor.
2 teaspoonfuls of baking powder.
1½ cupfuls of flour.

CREAM the butter and sugar, add the well-beaten yolks, then alternately, the sifted flour, baking powder, cornstarch, and grated nutmeg. Bake in gem pans.

Cinderella Cakes for Children's Parties

1 gill of ice water.
1 cupful of sugar.
1 teaspoonful of baking powder.
½ tumbler of any kind of jelly.
2 eggs.
1½ cupfuls of flour.
1 ounce of chocolate.
1 tablespoonful of lemon juice.

BEAT yolks of eggs and sugar until very light, beat the whites and add to the yolks and sugar, and grated chocolate. Beat in the lemon juice and water, then flour sifted with baking powder. Beat for three minutes, pour the batter into two pans, bake in moderate oven for eighteen minutes. Spread

one sheet with jelly, press the other over. When cold cut in squares, diamonds, hearts, etc. Dip in white or chocolate frosting and use the next day.

Brownies for Children

⅓ cupful of butter.
⅓ cupful of molasses.
1 scant cupful of coffee.
½ teaspoonful of baking powder.
⅓ cupful of sugar.
1 egg.
1 cupful of chopped nut meats.

CREAM butter and sugar, add molasses and beaten egg, then flour and baking powder sifted together. Stir in the nuts last. Bake in small greased pans.

Cream Puffs

IN a small granite saucepan, one-quarter cupful of butter, one cupful of boiling water, one teaspoonful of sugar, and a dash of salt. Let this come to a boil, then gradually sift in one and a quarter cupfuls of wheat flour, beating constantly with a whisk till quite smooth. Lift from the fire and stir until cool, then drop in one by one, three eggs, unbeaten. Whip the mixture and drop from a spoon on a buttered tin, in little balls about two inches apart. Bake thirty minutes; they will puff up and become crisp and brown. Split open when cool and put in filling made as follows: Beat the yolks of three eggs, add a quarter of a cupful of flour, and pour over this one pint of scalded milk. Add three-fourths of a cupful of sugar and a dash of salt, then put in a double boiler and cook twenty minutes. Flavor with vanilla.

Shamrocks

⅔ cup butter.
2 cupfuls sugar.
4 eggs.
1 cupful milk.
3¼ cupfuls flour.
4 teaspoonfuls baking powder.
½ teaspoonful mace.
1 teaspoonful rosewater.

CREAM butter, add sugar gradually, beating constantly. Add yolks, well beaten. Sift flour, baking powder, and mace; add, to first mixture alternating with milk. Add flavoring.

Beat whites until stiff, cut and fold them into mixture. Bake in individual tins, spread each with boiled frosting, and garnish with shamrocks cut from angelica. Tiny vegetable cutters may be found at the kitchen outfitters, made in the form of the shamrock, costing but a few cents. Angelica is the preserved stalk of a plant the color of citron. It is especially valued for its green color for decorative purposes in cakes and confectionery. Citron is sometimes used in place of the former for such purposes.

Lady Fingers

6 egg whites beaten stiff
4 egg yolks beaten thick.
¾ cupful of powdered sugar.
¾ cupful of flour sifted twice.
Dash of salt.

BEAT well, add whites of eggs last, press through a pastry tube on waxed or greased paper in long narrow fingers, dust with powdered sugar, bake eight minutes in a slow oven.

Chocolate Cocoanut Cakes

ONE cupful of butter, two cupfuls of sugar, three cupfuls of flour, five eggs; beat whites and yolks separately; one small cupful of ice water, two spoonfuls of baking powder sifted in the flour, vanilla flavoring. Cream butter and sugar together until very light; add yolks of eggs, then whites, then flour, and finally the ice water. Bake in biscuit pans. When cold, cut in squares. Have chocolate frosting ready in a bowl. Dip each square into the frosting and put on a platter to dry. For cocoanut cakes, have white frosting in a bowl and a dish of grated fresh cocoanut. Dip the squares into the frosting and then roll them in the grated cocoanut.

Nut Bars

MIX one cupful of brown sugar with one egg, one cupful of American walnut meats, broken into bits, a pinch of salt, one-quarter teaspoonful of soda dissolved in one tablespoonful of hot water, and two tablespoonfuls of flour.

Walnut Wafers

BEAT to a cream one-half cupful of butter, and one cupful of sugar. Add one-half teaspoonful of salt, one egg well beaten, one-third cupful of milk, one cupful of flour in which has been sifted one-fourth teaspoonful of baking powder. Lastly stir in one cupful of chopped walnut meats. Drop from a spoon on a buttered tin, and bake in a slow oven.

Coffee Caramel Cakes

COOK one cupful of sugar in a saucepan until it melts and becomes a light amber color, then add one cupful hot, strong coffee and simmer until the caramel is completely melted — about twenty minutes. Pour while still hot over one-half cupful of shortening, cool slightly and add one egg, well beaten, one teaspoonful of vanilla, and four cupfuls of flour, sifted, with four level teaspoonfuls of baking powder and one-half teaspoonful of salt. Drop by small spoonfuls into buttered pan and press out with bottom of measuring cup. Bake in moderate oven. If these are not sweet enough add one-half cupful of sugar to the recipe and you will have coffee caramel snaps.

Honey Cakes

ONE quart of honey mixed with half a pound of white sugar, half a pound of butter, and the juice of two lemons. Stir this mixture very hard, then mix in gradually flour enough to make a stiff paste. Cut into round cakes and bake in buttered pans.

Cocoanut Cones

BOIL one cupful of sugar and one-half cupful of water until it threads. Beat this slowly into the whites of two eggs, beaten stiff, add a pinch of salt, three or four drops of rose water, and a half-pound of cocoanut. Drop on buttered paper and brown in oven.

Almond Cakes

1½ cupfuls powdered sugar.
6 eggs.
½ cupful grated chocolate.
1½ cupfuls sifted cracker crumbs.
2 teaspoonfuls cinnamon.
2 teaspoonfuls baking powder.
1 teaspoonful vanilla extract.
¼ teaspoonful salt.
2 cupfuls of blanched almonds, ground fine.
2 tablespoonfuls ice water.

SIFT the sugar and add the beaten yolks; then add the crumbs, spice, extract, salt, baking powder, chocolate, and almonds. Lastly, add the ice water to the egg whites and beat the mixture until very stiff. Fold the beaten whites into the other mixture and bake in two jelly cake tins. When cold put together with half the filling between and the other half on top. To make the filling: Take one pint double cream, whipped stiff; half-cupful sugar, two tablespoonfuls sherry, one cupful roasted almonds, ground fine. Whip the cream until very stiff, then add the sugar and sherry, and lastly the almonds.

Marshmallow Marguerites

TAKE any variety of thin unsweetened cracker, spread lightly with butter and set in a baking-pan; on the centre of each cracker dispose a marshmallow, with a bit of butter above, — the butter may be omitted,— put the pan into a hot oven until the marshmallow is softened and browned a little, then serve at once.

Chocolate Macaroons

PUT a quarter of a pound of grated chocolate, of the very best quality, into a basin with an equal quantity of sifted, white sugar and three ounces of almonds which have been blanched and pounded; mix well, form into a rather soft, light paste with beaten egg, then drop the preparation in tiny morsels of equal size upon a baking-tin which has previously been covered with a sheet of thickly buttered paper. Bake in a moderate oven for about twenty minutes, then remove the tin from the oven, turn the sheets of paper over so that the

cakes may rest lightly on the table, and brush the paper over with cold water in order to loosen the cakes and cause them to separate from it.

Nut Macaroons

BEAT the white of one egg until light, and add gradually, while beating constantly, one cupful brown sugar. Fold in one cupful pecan nut meats, finely chopped and sprinkled with one-fourth teaspoonful salt. Drop from tip of spoon, one inch apart, on an unbuttered sheet, and bake in a moderate oven until delicately browned.

Chocolate Drop Cakes

ONE-FOURTH cupful of butter, one cupful of sugar, one egg, one-half cupful of sweet milk, one and a half cupfuls of flour, one heaping teaspoonful of baking powder, one-eighth cake of unsweetened chocolate. Cream together the butter and sugar, add the milk, and the eggs well beaten. Sift the baking powder into the flour and add it to the cake, also the grated and melted chocolate, beating well. Bake in tart shells or gem pans. Frost, and cover with finely chopped nut kernels.

Mocha Frosting

WASH the salt from a cupful of butter, dry on a cloth, then beat to a cream; gradually beat in two cupfuls and a half of powdered sugar, and coffee extract to taste. Black coffee reduced by boiling may replace the extract, but a good coffee extract is better.

Marshmallow Icing

BOIL two cupfuls of granulated sugar and half a cupful of water to 240 degrees Fahrenheit, or until it spins a thread about three inches long, then pour in a fine stream over the

well-beaten whites of four eggs, beating constantly meanwhile. When cool add half a pound of marshmallows, each marshmallow cut in four pieces with scissors. The marshmallows should not melt in the icing, which should be exceedingly light and fluffy. Flavor to taste.

To Thicken Icing

It often happens that the boiled icing is too soft and no amount of beating will thicken it. In that case add powdered sugar, beating it all the time until the frosting is thick enough.

Uncooked Icing

To make icing without cooking, which will keep moist, use two cupfuls powdered sugar, two tablespoonfuls of melted butter, two teaspoonfuls of vanilla flavoring, and enough milk to make the right consistency. Mix well together. This will keep moist from two to three weeks and is quickly made.

Boiled Icing

2 cupfuls sugar.
2 egg whites.
Flavoring to taste.

Moisten the sugar with water, let it stand until it dissolves, boil without stirring, until it threads from the spoon. Beat the whites to a stiff froth. When the syrup has cooled slightly, stir in the whites, gradually beating until cold, then add flavor. This is the basis for all icing.

Maple Sugar Icing

Melt a cupful of maple sugar in one-half cupful of water. Boil until it threads, then beat in the stiff white of one egg. Stir to a smooth cream and spread on the cake while warm.

Orange Pineapple Filling

3 oranges.
2 egg whites.
1 cupful of grated pineapple.
Sugar to taste.

GRATE the oranges, rind and pulp, take out the seeds, and add the pineapple. Beat the whites, add fruit and sugar. Spread thickly between the cake layers.

Caramel Filling

ONE cupful of brown sugar, one cupful of milk, butter the size of an egg. Boil till thick, flavor with vanilla, and spread while warm on the cakes.

Banana, Peach, or Pineapple Filling

CUT fruit in thin slices, sprinkle with sugar, whip and sweeten cream, place between layers and on the top.

Almond and Raisin Cake Filling

BLANCH the almonds and chop them fine. Two-thirds of a cupful will be needed for a three-layer cake, and the same quantity of seeded and chopped raisins. Mix together and spread between the layers as soon as they are baked. Ice the cake on the top layer, and while the icing is soft, cover it with almonds, blanched and cut in four lengthwise strips. Let the almonds stand up at one end a little by pressing the other into the icing.

Chocolate Filling

ONE cupful of sugar, eight tablespoonfuls of sweet milk, two tablespoonfuls of shaved chocolate, butter size of a chestnut; boil about three minutes and stir until cold. Put on cake when both cake and filling are cold. If boiled a little too long add a few drops of milk while stirring.

Fig Filling

½ pound of figs.
½ pound of raisins.
Juice and grated rind of half a lemon.

BOIL in just as little water as possible, and let that evaporate all it will when done. Then chop fine and add two teaspoonfuls of any jelly or marmalade that combines well, currant or strawberry preferred. Spread between the layers.

Walnut Cake Filling

FOLLOW the above recipe, taking English or black walnuts in place of the almonds. Decorate the cake with walnuts cut in halves, pressed into the icing.

Fruit Filling

ONE cupful of seeded raisins, a half-pound of blanched almonds, one of figs and one of citron, all chipped fine. Mix with enough frosting to spread, and place between the layers.

XV.—BREAD, HOT BREAKFAST CAKES, ROLLS, WAFFLES, MUFFINS, AND BISCUIT

RULES REGARDING YEAST BREAD

THE FLOUR should be kept in a dry place; and should be heated before using. Use only fresh yeast. The milk or water should be scalded, and then cooled to lukewarm. Increase the heat of the oven gradually the first twenty minutes, keep the oven's heat even the next twenty minutes, and lessen the heat for the last twenty minutes. Always keep your bread in an air and moisture proof, clean tin box.

You can make dough light—by using yeast; by using baking powder; by using soda with molasses or sour milk; by beating into a mixture.

Wheat Bread

Two cupfuls scalded milk (or boiling water) one tablespoonful salt, one tablespoonful sugar, one tablespoonful butter (or other fat), one-half ounce of compressed yeast dissolved in one-half cupful lukewarm water, six to six and one-half cupfuls flour. Put salt, sugar and butter in mixing bowl, and pour on the hot milk (or boiling water). When lukewarm add the yeast and five cupfuls of flour, mix and stir well, after which add remainder of flour and mix well again. Then place dough on a floured board and knead 'til soft. After this put back into bowl, moisten and cover it well and keep it in a warm place and allow to rise to double its bulk. Then cut down the dough, place on floured board and make into loaves. Then put into pans, greased or floured, cover well once more and let it double its bulk again. Then bake in a hot oven for sixty minutes. If you desire a hard crust, remove the bread from the pan after baking and place it in a draft. If you desire a soft crust roll the bread in a cloth immediately after baking.

NOTE: If you set your bread during the day, use one cake of yeast; if at night use one-half cake of yeast. The above

recipe is sufficient for two loaves. For four loaves increase parts to three pints of scalded milk or boiling water, three tablespoonfuls salt, three tablespoonfuls sugar, three tablespoonfuls butter or other fat used, five quarts flour and one ounce compressed yeast dissolved in one-half cupful lukewarm water.

French Bread

Two cupfuls water, lukewarm, one tablespoonful salt, one-quarter cupful water, lukewarm, one-half ounce of compressed yeast and six or six and one-half cupfuls wheat flour. Put salt and two cupfuls water, lukewarm, in mixing bowl and add the yeast after dissolving in the quarter cupful of water, lukewarm. Pour in five cupfuls of flour and stir well to mix while pouring. Then add more flour gradually and knead right in same bowl, or on floured board until dough is elastic and even. Then put dough away and keep warm until it reaches double its bulk. After this, cut it down, then let it rise once more until it becomes light. Then place it on a floured board, cut it into four loaves, put the loaves into pans (greased or floured) laying considerably apart. Then cut each loaf in center the long way about half an inch deep, coat tops of dough with the white of an egg which beat with a tablespoonful of cold water. When twice their bulk in size put in hot oven for from thirty to forty-five minutes, or until they reach a golden brown—and let it cool, preferably in a draft.

To Make Braided Bread

When the bread dough is ready to make into loaves, cut the dough in half, three parts or four—as many parts as wanted per loaf, and lightly knead and roll each part to a perfect evenness. Then prick with a fork, braid and place each braided loaf in a floured pan and let rise and become light. Slightly coat the tops with the yolk of well beaten egg mixed with about a tablespoonful of cold water. Then add

poppy seeds and put in hot oven, to bake from three quarters to a full hour, after which cool in a draft so as to secure the hard crust desired.

Raisin Bread

One pint of milk, (or water) hot, one-third cupful butter (or other fat), one-half cupful sugar, teaspoon salt, one beaten egg, one-quarter cupful raisins, eight cupfuls wheat flour, half ounce of yeast, half teaspoonful anise, powdered. Break up the yeast small and dissolve it in a cup, adding teaspoonful of sugar and one-half cupful of milk (lukewarm). Leave it in a warm place. Put butter, sugar and salt into a bowl and pour in the remainder of milk, and follow with the yeast and egg mixture. Mix well, and knead on board, including the balance of ingredients specified in full portions, adding flour as required to obtain a smooth, elastic batter. After this, place back into bowl, cover tightly in a warm place and allow to double its bulk. Then make ordinary loaves or cut into four parts and roll for braids, with three rolled parts to a braid. Then place braided part in large pan, and lay the fourth rolled part, twisted and double lengthwise on top of the braided dough. Slightly coat the top with the yolks of beaten eggs, drop poppy seeds over the entire loaf, allow to rise to double its bulk and bake in a warm oven for about forty-five minutes.

Entire Wheat Bread

Two cupfuls scalded milk, one-fourth cupful sugar, one teaspoonful salt, one yeast cake dissolved in one-fourth cupful lukewarm water, four and one-third cupfuls entire wheat flour. Combine the first three ingredients and when cool add dissolved yeast cake and three cupfuls of flour; beat until light, add remaining flour, beat, cover, let rise to double its bulk; again beat, turn into greased bread pans one-half full, let rise not quite double, bake; making and baking to occupy about five and one-half hours.

Mush Bread

To one pint and a half of hot mush made as for serving at breakfast, add two tablespoonfuls of butter, or butter and lard mixed, two tablespoonfuls of sugar and one teaspoonful of salt, and let stand until blood warm. Add two-thirds of a cake of compressed yeast dissolved in one-half of a cupful of warm water and sufficient sifted flour to make a very stiff dough. Knead on a floured board until soft and smooth, return to the bowl, cover, and set aside until double in size. Mould into loaves, place in greased pans, and when risen again bake in a moderate oven.

Pumpkin Bread

SCALD a half-cupful of white Indian meal with boiling water. To this add a well-beaten egg, a cupful of the baked squash, a cupful of sour milk, into which stir a teaspoonful of salt, a cupful of meal sifted twice, with a teaspoonful of baking soda, even, and one of baking powder. Mix quickly and beat well, add a good spoonful of sugar and the same of melted butter. Stir and beat into a light batter; pour into a pan an inch in thickness, bake quickly, and serve very hot.

Bran Bread

THE ingredients for two small loaves are: One cupful of graham flour, two cupfuls of bran, three-quarters of a cake of compressed yeast, one tablespoonful each of butter and lard, a small cupful of milk, and one-half teaspoonful of salt. Dissolve the yeast in a half-cupful of warm water, adding the milk, the salt, and one-half the bran and flour, stir well, and turn into a warm pan, allowing it to rise for about an hour; then mould, using the remainder of the flour, together with the melted shortening. After forming in two small loaves, let it rise again until about doubled in size, and bake in a moderate oven forty-five minutes.

Rich Corn Bread

ONE cupful yellow cornmeal sifted, two cupfuls of sour milk, one teaspoonful of molasses, one teaspoonful of baking soda stirred in milk, two eggs beaten light. Grease pan on bottom and side with heaping tablespoonful of lard. Set pan in oven until lard is melted thin. Put a tablespoonful of lard in the batter and pour batter in hot pan. Bake forty-five minutes.

Hominy-Egg Bread

Two cupfuls of hominy, well cooked; four eggs, one spoonful of butter, three spoonfuls of flour, one cupful of sour cream, half a teaspoonful of soda; mash the hominy and the cream together; beat in the yolks of the eggs with one spoonful of butter and teaspoonful of salt, leaving the well-beaten whites till the last. The whites should be well whisked and the butter melted before they are stirred in. Bake in a quick oven.

Cornmeal Sponge Bread

THREE eggs, the whites and yolks beaten separately, one pint of meal, one pint of buttermilk, and one teaspoonful of soda. Mix thoroughly, adding the soda last. Bake in a quick oven, in a shallow baker, and the bread will be as light as a feather.

Delicious Apple Bread

BOIL a dozen good-sized apples that have been carefully peeled and cored, until they are perfectly tender. While still warm, mash them in double the amount of flour, and add the proper proportion of yeast. The mass should then be thoroughly kneaded without water, as the juice of the apples will make it sufficiently soft. It should be left to rise for twelve hours, then formed into loaves, and baked when quite light. Apple bread was the invention of a scientific Frenchman, and it has always been highly commended for its healthfulness.

Luncheon Brown Bread

ONE-THIRD cupful of molasses, one-third cupful of sugar, one and one-third cupfuls of buttermilk, one level teaspoonful of salt, three-fourths cupful of white flour, one and one-half cupfuls graham flour, one heaping teaspoonful soda dissolved in a little water. Stir well together and add one-half cupful of raisins and a few English walnuts. Turn quickly into bake tin and let stand one-half hour before baking. Bake in a moderate oven over thirty-five minutes.

Sweet Potato Corn Bread

FOR this Southern hot bread, boil three large sweet potatoes, peel them, and put through a potato ricer. Add quickly one tablespoonful of butter, one teaspoonful of salt, one scant cupful of milk, one cupful and a half of soft cornmeal, and one well-beaten egg. Beat for a moment, add one teaspoonful of baking powder, pour into a well-buttered shallow pan and bake in a hot oven. Serve hot.

Date Bread

ONE quart sour milk, four cupfuls graham flour, two cupfuls wheat flour, one cupful molasses, two teaspoonfuls soda, two teaspoonfuls salt, one and one-half pounds dates. Steam two hours in little tins.

Spoon or Batter Bread

SCALD one cupful of meal with three of boiling water. Add two eggs well beaten, three cupfuls of buttermilk, a teaspoonful of soda and one of salt. Melt one teaspoonful of lard and add it last. Bake slowly in a yellow bowl or pudding dish. (This is the famous Virginia spoonbread, so popular at the White Sulphur Springs.)

Boston Brown Bread

ONE cupful corn meal, one cupful rye meal, one cupful graham flour, one and one-half teaspoonfuls soda, one teaspoonful salt, three-fourths cupful New Orleans molasses, two cupfuls sour milk or one and three-fourths cupfuls of sweet milk or water. Steam three and a half hours.

Apple Pone

PARE and chop fine one quart of sweet apples. Pour a pint of boiling water into one quart of granulated white cornmeal; when cool, add sufficient sweet milk, about one pint, to make a very soft batter. Stir in the apples, turn the mixture into a greased shallow pan; cover and bake in a moderate oven for at least two hours.

Nut Bread

SET a sponge of one cupful of entire wheat flour, one cupful of white flour, one-half cake of compressed yeast, one cupful of lukewarm sweet milk. When the sponge is light, add two tablespoonfuls of brown sugar, one teaspoonful of salt, one-quarter of a pound shelled hickory nuts, and enough whole wheat flour to make as stiff as can be stirred with spoon. Put in pans, let rise an hour, and bake.

Quick Nut Bread

TWO cupfuls of milk, one-half cupful of sugar, four cupfuls of flour, one cupful of broken nut meats, four teaspoonfuls of baking powder, one teaspoonful of salt, two beaten eggs. Put into greased pans and set aside for twenty minutes, then bake for thirty minutes in a moderate oven.

Oatmeal Bread

To three cupfuls of boiling water, one teaspoonful of salt, add sufficient oatmeal to make a thick mush, and cook thirty minutes or two hours according to the kind of oatmeal used.

Add one tablespoonful of sugar or two tablespoonfuls of molasses, one-half teaspoonful of salt, one pint of hot milk, stir well and set aside till lukewarm. Stir in half a cake of compressed yeast, blended with three tablespoonfuls of warm water, and enough sifted flour to make a thick batter. The flour may be white, or half and half with whole wheat, or all of the entire wheat. Beat well, cover, and put in a warm place until light and spongy. Sift in flour to make a soft dough, and knead till fine-grained and smooth. Return to bowl, cover, and set aside again until the dough has doubled in bulk, then mould into two large or three small loaves. Place in greased pans, wet the tops with water, let stand until rising well, then bake in a moderate oven.

Fried Bread

CUT thick slices of white bread; dip them in milk, then in egg, then in sugar. Fry until a good brown. Sprinkle with powdered sugar and cinnamon, and serve. This is good for breakfast or for children's dessert at noon.

Rice Pancakes

BOIL as usual one teacupful of rice; when cold, mix with one quart of milk, four yolks of eggs, two teacupfuls of sifted flour, salt, two teaspoonfuls of baking powder. Add the beaten whites last. Bake on a hot griddle.

Sour Milk Pancakes

THERE are no griddle cakes quite so good as those made with sour milk, in the old-fashioned way, before prepared flours were thought of. Take one cupful of thick sour milk, with the cream left in, a level teaspoonful of soda, and a generous pinch of salt. Stir together until thoroughly dissolved, then thicken with flour. Fry on a hot griddle with plenty of good, sweet lard, and they will be light, tender, and delicious.

The batter should be so thick that it will not froth and boil when dropped on the griddle, but not too thick to spread out of itself into thin cakes. When mixed, try a little; if too thick, thin with sweet milk.

Bread Griddle Cakes

ONE and one-half cupfuls fine bread crumbs, one-half cupful flour, one and one-half cupfuls hot milk, three and one-half teaspoonfuls baking powder, two eggs, one-half teaspoonful salt, two tablespoonfuls butter. Mix in the order given. One cupful any cooked cereal may be used instead of bread crumbs.

Green Corn Pancakes

TAKE one quart of green corn, rasped from the ear with a coarse grater, two teacupfuls of sweet milk, one teacupful of flour, mix them well together, adding two well-beaten eggs; season the batter with salt and black pepper and bake on a griddle.

Potato Pancakes

USE one egg to three cupfuls of grated potatoes, add three tablespoonfuls of flour, one scant half-cupful of milk, and one-half teaspoonful of salt. Fry in a spider in nearly half an inch of fat. These cakes should be a rich dark brown with crisp edges.

Cornmeal Batter Cakes

ONE pint of meal, scalded. While hot add two tablespoonfuls of butter, one cupful of boiled hominy or grits, three well-beaten eggs, one pint of flour, teaspoonful of salt and one of soda, and thin the batter with sour cream. Two spoonfuls of the thin batter make a cake. They are more delicate if the griddle is rubbed over with salt instead of lard.

Entire Wheat Pancakes

MIX one cupful of entire wheat with one-half teaspoonful of salt and two teaspoonfuls of baking powder, thin with milk, add egg yolk, beaten; then, the last moment, the white beaten stiff. Bake on a griddle.

Buckwheat Cakes

TAKE one-third of a cupful of fine bread crumbs, soaked thirty minutes in two cupfuls of scalded milk, one-half a teaspoonful of salt, one-quarter of a yeast cake dissolved in one-half cupful of water, and real buckwheat flour enough to make a thin batter. This is set over night. In the morning stir well, add one tablespoonful of molasses, one-quarter of a teaspoonful of soda in one-quarter of a cupful of lukewarm water. Bake on a griddle. A tablespoonful of maple syrup added just before baking is an improvement.

Flannel Cakes

ONE pint of sour milk, three teaspoonfuls of melted lard, three eggs, well beaten, one teaspoonful of soda, flour to make a good batter. Mix well, beating the whites and yolks of the eggs separately, and adding the stiffened whites last of all. Fold in lightly and quickly, then bake the batter on a griddle as you would other pancakes. They are delicious.

ROLLS

Hot Rusks

1 cupful of butter.
2 eggs.
½ cupful of sugar.
3 cupfuls of flour.
1 cupful of milk.
A pinch of salt.
2 teaspoonfuls of baking powder.

SIFT the flour and baking powder, cut in the butter, add the milk and beaten eggs. Roll into large biscuit and bake.

Scones

2 cupfuls of flour.
½ teaspoonful of salt.
3 tablespoonfuls butter.
2 teaspoonfuls of baking powder.
½ cupful of sugar.
1 egg.

ADD enough milk to make a soft dough, divide in half, flatten into a round cake thick as a biscuit, with the hand. Mark with a knife into quarters or scones, and bake quickly.

Quick Coffee Cake

STIR well one cupful of sugar, one-half cupful butter, and three well-beaten eggs, then one-quarter cupful sweet milk, one-quarter cupful flour, one-half teaspoonful baking powder; work the dough well and lay in two greased pie tins, put chopped nuts on the top, also sugar and cinnamon.

Coffee Cake

TWO cupfuls of bread sponge, one well-beaten egg, half a cupful of sugar, one tablespoonful of butter, a cupful of tepid water. Mix well, add enough flour to make a thin dough. Let rise; turn out on a board, and roll out an inch thick. Place in a baking-pan, let rise till light. Just before placing it in the oven, spread over the top an egg beaten with a teaspoonful of sugar, and a few split blanched almonds.

Coffee Buns

ONE yeast cake dissolved in one-quarter cupful of lukewarm water. Add to one cupful of scalded milk. Add one and one-half cupfuls of flour. Beat well and let rise. When light add one-quarter cupful of sugar, one teaspoonful of salt, one egg, a little mace, one-quarter cupful melted butter, and enough more flour to knead. Knead well, let rise, and roll in a long strip one-quarter inch thick. Spread with melted butter, sift cinnamon and sugar over it, and roll up like a jelly roll. Cut in one-inch pieces and place close together in pan.

Bake one-half hour. When cold pour over them a very thin syrup of confectioner's sugar and water which has been boiled two minutes.

Delicious Tea Cake for Sunday Night

1 quart of flour.
½ cupful of sugar.
½ teaspoonful salt.
3 teaspoonfuls of baking powder.
1 large teaspoonful of butter.
2 egg yolks.
Milk to make a stiff batter.

SIFT all the dry ingredients, rub the butter through the flour, then the yolks of eggs and milk, and lastly, the stiffly beaten whites of three eggs. Bake in a layer about an inch and a half thick when poured into the pans. Break into squares before sending to the table; it is to be buttered and served like corn bread.

Hot Cross Buns for "Good Friday"

AT night dissolve one-fourth of a yeast cake in half a cupful of tepid water. Put in the bread bowl one-third cupful of butter, drippings, cottolene, or lard, one-fourth cupful of sugar, one tablespoonful of salt, one cupful of milk, and half a cupful of water scalded together. When nearly cold add the yeast cake mixture and two small eggs beaten without separating. Sift in three or four cupfuls of flour. Beat well and cover until it is double in bulk. Knead well and form into balls the size of a silver dollar and put them in a buttered pan close together. When light, criss-cross them with a knife and brush them with egg diluted with milk and slightly sweetened. Dust plenty of cinnamon carefully into the creases, sprinkle the entire bun with granulated sugar, and put them in a very hot oven. In three minutes reduce heat and bake them twenty minutes.

Rice Waffles

One cupful of boiled rice, one pint of milk, two eggs, lard the size of a walnut, one heaping teaspoonful of baking powder, flour for a thin batter.

Mamie's Waffles

TAKE one pint of milk, three eggs, one teaspoonful of salt, one tablespoonful each of butter and lard, three teacupfuls of flour. Cream the yolks of the eggs and the milk together, add salt, then the sifted flour, and well-beaten whites of eggs, next the lard and butter melted and put in very hot. Put in the baking powder the last thing.

Chicago Popovers

TAKE two eggs well-beaten and one cupful of milk. In another bowl sift twice one cupful of flour, add slowly the eggs, milk, and a little salt, and beat very smooth. Put quickly into very hot greased gem pans, and bake forty-five minutes in a moderate oven. Iron gem pans are always best. These popovers should swell to six times their original bulk. They are delicious with jelly or marmalade.

Mocha Gems

CREAM two tablespoonfuls of butter with one of sugar, add one well-beaten egg. Mix one cupful of coffee with one-half cupful of milk, add it alternately with one and a half cupfuls of flour mixed and sifted with one and one-half teaspoonfuls of baking powder and one-half teaspoonful of salt. Beat in one cupful of rolled oats. Pour in hot buttered gem pans, and bake twenty minutes in a hot oven.

Honey Muffins

SIFT together one and a half pints of flour, two teaspoonfuls baking powder, and half a teaspoonful of salt. Work in two tablespoonfuls of butter; beat and add three eggs, one cupful of honey, and a half-pint of milk. Bake in a hot oven.

Hot Corn Meal Gems

CREAM a tablespoonful of butter and a tablespoonful of sugar, add the yolks of two eggs, and mix well. Place in the flour sifter one and one-half cupfuls each of white flour and corn meal, a teaspoonful of salt, and two teaspoonfuls of baking powder. Add this gradually to the egg mixture with a cupful and a half of sweet milk. Fold in lightly the stiffly beaten whites of the eggs and pour into gem pans. Bake thirty minutes in a hot oven. This amount will make twenty-four small gems.

Rolled Oats Muffins

PUT one cupful of rolled oats in a large bowl, in the evening; add one tablespoonful of butter, one teaspoonful of salt, and one teaspoonful of sugar and let this stand an hour or more; then add one-quarter of an yeast cake softened in one-quarter of a cupful of tepid water and one quart of flour and about two teaspoonfuls more of the flour. Beat well and cover and let stand until morning. Then turn the stiff batter into buttered muffin pans and let rise until double in bulk, then bake in a slow oven about thirty-five minutes and serve warm.

Corn Puffs

To the pulp from six ears of corn or one can add half a cupful milk, yolks of two eggs and a little salt, a cupful and a half of pastry flour sifted with a heaping teaspoonful of baking powder. Fold in the beaten whites of the eggs and bake in well greased muffin pans for twenty minutes. Serve the same as muffins.

Graham Breakfast Crisps

MIX two cupfuls of graham flour with one teaspoonful of salt and one cupful of water. Roll out rather thin. Cut into rounds. Put a layer on a greased pan, brush them with

melted butter and put on another layer, pinch edges together. brush again with butter, prick clear through both layers in several places, and bake twenty minutes in a hot oven.

Rice Muffins

ADD to two teacupfuls of cold boiled rice half a pint of milk and three eggs; sift together one pint of flour, one and a half teaspoonfuls of Price's powder, one tablespoonful of sugar and one teaspoonful of salt, and mix with the rice, beating all into a smooth batter. Grease muffin pans and fill each mould two-thirds. Bake in a hot oven.

Florida Muffins

ONE pint of white corn meal, half a teacupful of fine breakfast hominy, one pint of milk, half a teacupful of boiling water, three tablespoonfuls each of butter and sugar, one teaspoonful of salt, three eggs, and three teaspoonfuls of baking powder. These ingredients will suffice for two dozen muffins. Put the hominy in a stewpan and set it in another pan containing hot water. Cook for half an hour, and at the end of that time add the salt, sugar, and butter. Heat the milk to the boiling point and pour it over the corn meal. Beat well and then beat into it the hominy mixture. Set away in a cool place. This is to be done in the evening if the muffins are intended for breakfast. In the morning sift the baking powder into the mixture and add the eggs, yolks and whites, beaten separately. Bake in hot gem pans in a hot oven.

Bran Muffins

ONE egg, one tablespoonful of butter, melted, two tablespoonfuls of sugar, one cupful of sweet milk, one cupful of whole wheat flour, two cupfuls of bran, three teaspoonfuls of baking powder, and one-half teaspoonful of salt; beat the batter steadily for five minutes, until the mixture is full of bubbles, and bake in buttered gem pans in a hot oven.

German Bran Muffins

3 cupfuls of bran.
1½ teaspoonfuls of salt.
3 tablespoonfuls of molasses.
2 cupfuls of milk.
1½ cupfuls of flour.
2 even teaspoonfuls of baking powder.
This makes twelve muffins.

A CHICAGOAN brought this from Germany where it is a great favorite, especially where there are children.

Rye Muffins

FOR one dozen muffins use one cupful of rye meal, one-half cupful of white flour; sift together with two teaspoonfuls of baking powder into a mixing bowl; stir into it thoroughly one-third cupful of minced beef suet. Stir into this one-half teaspoonful of salt, and enough sweet milk or water to moisten into a soft dough that is easily handled with a spoon. Have muffin rings well greased and piping hot; fill two-thirds full and run into a hot oven to bake quickly. In twelve minutes they should be brown and crisp.

Entire Wheat or Graham Muffins

MIX one cupful of flour, one cupful of entire wheat or graham flour, two tablespoonfuls of sugar, and three and one-half teaspoonfuls of baking powder, one-half teaspoonful of salt, and two tablespoonfuls of butter or clarified fat, melted. Add one cupful of milk and one egg, beaten separately. Half fill buttered muffin pans and bake twenty-five minutes in a hot oven.

Corn Meal Crisp

TO seven-eighths cupful corn meal add gradually, while stirring constantly, one cupful boiling water; when perfectly smooth add two and one-half tablespoonfuls melted butter, and one-half teaspoonful of salt. Spread on a buttered inverted dripping-pan, and bake until well browned. Cut into squares, remove from oven, and arrange on a hot plate.

Berry Muffins

ONE pint of flour, two teaspoonfuls of baking powder, salt. Sift these. Cream one-quarter cupful of butter and two tablespoonfuls of sugar, then add the beaten yolks of two eggs. Stir into the butter, egg, and sugar alternately one cupful of milk, and the flour. When smooth, add the beaten whites of the eggs, then stir in lightly one cupful of fresh blueberries, blackberries, or cranberries, slightly sprinkled with sugar. Do not break them in stirring. Put in buttered muffin tins, bake about half an hour, and serve.

Cream Muffins

ONE pint of flour sifted with one heaping teaspoonful of baking powder. Beat together with one pint of cream, one tablespoonful of melted butter, and two beaten eggs. Bake quickly in buttered iron gem pans.

Parker House Rolls

MIX two cupfuls flour, two level teaspoonfuls baking powder, two teaspoonfuls sugar, one-half teaspoonful salt and sift twice. Work in two tablespoonfuls butter with the tips of the fingers. Add gradually two-thirds cupful milk, mixing with a knife until of the consistency of a soft dough. Roll to one-third inch in thickness. Cut with a round or oval cutter, and crease in the centre with the handle of a case knife first dipped in flour. Brush one-half with melted butter and fold over. Put in a pan one-half inch apart. Bake in a quick oven fifteen minutes.

Fruit Rolls

SIFT through together two cupfuls flour, two level teaspoonfuls baking powder, and one-half teaspoonful salt. Sift twice. Work in two tablespoonfuls butter with the tips of the fingers. Add gradually two-thirds cupful of milk, mixing with a knife until of the consistency of soft dough. Roll to

one-fourth inch in thickness. Brush over with melted butter. Sprinkle with one-third cupful stoned raisins, chopped fine, two tablespoonfuls citron, chopped fine, two tablespoonfuls sugar, one-third teaspoonful cinnamon. Roll up like a jelly roll, cut into pieces three-fourths inch in thickness. Bake in a quick oven fifteen minutes.

Chocolate Biscuit

TAKE the long oyster crackers which are about the size of your fingers, and dip them one by one in a mixture of four squares of chocolate, melted, one tablespoonful of sugar, one-half teaspoonful of vanilla. After the crackers are finished, lay them on buttered paper and dry in a cool oven.

Baking Powder Biscuit

ONE quart of sifted flour in which has been sifted three tablespoonfuls of baking powder, one teaspoonful of salt, one tablespoonful of sugar, one large tablespoonful of butter, and one-half pint of milk. Cut the butter into the flour, mix very soft, roll out, and cut. Bake in a quick oven.

Drop Biscuit

INTO one quart of sifted flour mix one-half teaspoonful of salt, one teaspoonful of sugar, and two teaspoonfuls of baking powder, sift again, then rub in one heaping tablespoonful of butter or lard. Mix with sweet milk to a very thick drop batter, almost like a soft dough. Drop by spoonfuls on a buttered pan and bake in a quick oven.

Oatmeal Hurry-up Biscuit

ONE cupful of dry rolled oats, or other flaked cereal, one cupful of flour, two teaspoonfuls of baking powder, one tablespoonful of sugar, one teaspoonful of salt; mix and rub in

one large tablespoonful of good beef fat or butter and lard. Moisten with one-half cupful of milk, forming a rather stiff dough, drop in small biscuits, bake twenty minutes in a hot oven.

English Tea Biscuit

SIFT together one cupful and a half of flour, half a cupful of sugar, scant half-teaspoonful of salt, and two level teaspoonfuls of baking powder; with the tips of the fingers work in half a cupful of butter; add half a cupful of currants. Beat one egg, take out a tablespoonful of egg and set aside to glaze the top of the cakes, add about two tablespoonfuls of milk and mix the dry ingredients to a dough. With the hands roll the dough into balls the size of an English walnut. Set the balls in a buttered pan some distance apart, brush over the tops with the egg, dredge with sugar, and bake in a quick oven. Serve hot or cold with tea or cocoa. The recipe makes about fifteen biscuits.

Nut Tea Biscuit

SIFT one quart of pastry flour with one-fourth teaspoonful of salt and four teaspoonfuls of baking powder. Into this work four tablespoonfuls of lard. Add enough cold water to mould, roll out three-fourths inch thick, spread thinly with butter, and then spread a generous mixture of brown sugar and chopped walnut meats evenly on the dough. Roll tightly, wetting the edges to make them stick together. Cut in slices one inch thick, place in a hot buttered dripping pan or biscuit sheet, bake quickly until brown. Serve hot with butter. Delicious plain biscuit are made by leaving out the nuts.

Maple Sugar Biscuit

To an ordinary biscuit dough add a generous cupful of maple sugar, cut about the size of peas. Roll out, bake in a quick oven, and serve hot.

Rice Biscuit

ONE cupful of boiled rice beaten light; one-half teaspoonful of salt, two teaspoonfuls of sugar, a teaspoonful of butter and one of lard, one teaspoonful of baking powder, one cupful of milk and one of flour, or enough to make a soft dough. Mix and bake quickly. Very delicate and delicious.

Sour Milk Biscuit

ONE quart of flour sifted with one teaspoonful of baking soda, one teaspoonful of salt, and one teaspoonful of sugar; then add two tablespoonfuls good lard or drippings; rub all together with the hands, then add sour milk to make a stiff batch. Roll out thin, bake in a hot oven. Serve while hot with honey or maple syrup.

Bread Is the Best and Cheapest Food

XVI.—BEVERAGES HOT AND COLD

THERE are almost as many rules for making coffee as there are people to drink it. Each housewife has her "way" which she thinks best, so the rules here given are for the inexperienced cook who has not yet acquired an abiding recipe.

To Make Coffee

ALLOW one tablespoonful of coffee to each person. The coffee when ground should be measured, put in the pot, and boiling water poured over it in the proportion of three-quarters of a pint to each tablespoonful. The instant it boils take the pot off, uncover, and let it stand a minute or two; then cover, put it back on the fire, and let it boil again. Let it stand for five minutes to settle; it is then ready to pour out.

After Dinner Coffee

PUT three-quarters of a cupful of freshly powdered coffee in a French coffee pot or strainer lined with cloth, several inches from the bottom of the pot. Pour over three cupfuls of freshly boiling water. When it percolates through pour through again. It should be run through five times. Serve at once.

Tea

THE usual rule is one small teaspoonful of tea to one cupful of boiling water. Rinse the teapot with scalding water, put in the tea, add freshly boiling water, let it steep one minute.

Russian Tea

FOUR teaspoonfuls of tea. An excellent combination is eight ounces of Formosa Oolong, six of Ceylon, and two of English breakfast tea. To the tea add the dried peel of an

orange cut into bits. Pour over one quart of freshly boiling water. Serve with one-half teaspoonful of Jamaica rum, one-half slice of lemon, one preserved strawberry in each cupful. Sweeten with one-half teaspoonful of rock candy crystals.

Maraschino Tea

BREW any good tea in the usual way and serve in the daintiest of china cups. Into each cup drop one or two maraschino cherries.

To Serve with Tea

TO SERVE with tea use toasted English muffins, very thin bread and butter squares, a dish of preserves, and a few candies. Or hot biscuit, toasted buns, tea cakes, pulled bread with butter balls, and various confections.

Chocolate

CHOCOLATE is a delicious nutritive food. There are various ways of making it, but this is a simple and good rule: Allow one tablespoonful of grated chocolate to each cupful of milk, and one teaspoonful of sugar. Mix sugar and chocolate together, with enough water to dissolve the chocolate and make a thin paste; boil this carefully until well mixed. Set away till ready to serve, then heat and add milk, let it just come to a boil, take off, and add one teaspoonful of vanilla to one quart of milk, whisk with an egg beater; serve with whipped cream. Cocoa is made exactly the same way.

Choco

THIS is a drink that many like. Make chocolate, and to one quart of milk allow one cupful of strong, clear coffee, one tablespoonful of sherry, and a dash of salt. To be served very hot with whipped cream. Men like this better than clear chocolate, and it may be used successfully at after-theater suppers with nut sandwiches.

Mulled Cider

ONE quart of cider, one teaspoonful of mixed spices, one-half teaspoonful of cassia buds, boil three minutes, strain, add three well-beaten eggs. This is enough to serve six persons. Serve hot.

Refreshing Beverages

IN hot weather or even in cold many of these drinks will be found very acceptable. A hostess should always have something on hand for the chance visitor, who may drop in, and it is a simple thing when one gets in the habit of offering something hot or cold, according to the weather. Over the teacups conversation always flows easily and it is a hospitality most acceptable.

Orangeade

TAKE three large oranges to half a pound of loaf sugar. Pour over the sugar one pint of boiling water, add the juice and grated rind of the oranges, cool. Serve in glasses with crushed ice.

Gingerade

PUT one quart of water and one cupful of sugar on to boil. Add one-fourth ounce of white ginger root, and let boil twenty minutes. Remove from fire, add one cupful orange juice and the juice of one lemon. Strain and cool; serve with powdered ice, with a preserved cherry in each glass.

May Punch

ONE quart of strawberries, one pint of cherries, the juice of two lemons, three quarts of water, one and one-half pounds of sugar. Hull, wash, and mash the strawberries; stem, pit, and crush the cherries. Mix, add the lemon juice, and stand aside for two hours. Crush the cherry pits, steep in a quart of water for an hour, add the sugar, boil ten minutes, strain

and cool. Press the fruit through a fine sieve, add the cold syrup and two quarts of water, and serve in glasses half filled with chopped ice.

Tea Punch

INFUSE six teaspoonfuls of tea in four cupfuls of boiling water. Allow it to steep seven minutes, then strain it over half a cupful of sugar. When cool add half a cupful of lemon juice, two tablespoonfuls of orange juice, a few sprigs of fresh mint, and one pint of strawberry juice. Dilute to suit the taste, adding ice to make it very cold.

Currant Punch

To one quart of water add one cupful of sugar and two cupfuls of tart currant jelly. Boil till dissolved, then add the juice of three lemons and three oranges. This can be diluted with water to serve twenty-five persons.

"Oh, Be Joyful Punch"

PREPARE a syrup by boiling two cupfuls of sugar with one cupful of water four minutes, cool slightly, and add one cupful of sherry, one cup cognac, and one-third cupful maraschino or Benedictine cordial. Chill mixture thoroughly. Take equal parts of pineapple and orange cut in half-inch cubes, fresh strawberries and maraschino cherries cut in halves. Mix well and pour syrup over fruit. Let stand several hours to ripen. Serve in sherbet glasses. This is excellent with a heavy dinner, either with or directly following a meat course.

Chocolate Cream Nectar

THIS may be made either from cake chocolate or from any of the cocoa powders, and a trial will determine which is the more agreeable. Melt two squares of chocolate or an equivalent amount of cocoa powder in four tablespoonfuls of hot coffee. Add one and one-half cupfuls of sugar and three cupfuls of water. Boil, clear, and strain. There should be one

quart of the liquid. When cold add one tablespoonful of sherry wine and pour, iced, into glasses in which you have placed one tablespoonful of whipped cream, not too stiffly beaten. Stir well before drinking. The wine may be omitted and one teaspoonful of vanilla substituted.

Mint Ale

JUICE of five lemons, one and one-half cupfuls of sugar. Melt together, and place in a punch bowl with six stalks of bruised mint. Add plenty of finely cracked ice and two bottles of imported ginger ale. Serve in sherbet cups.

Tara's Nectar

ONE pint of unfermented juice of white grapes, diluted and slightly sweetened; juice of two oranges, half a cupful of pale green Malagas, seeded and halved; mix and chill. Serve in tall glasses with green ribbon tied in dainty bows around the stems.

Café Orange

ONE quart of strong coffee and two cupfuls of sugar should be boiled together ten minutes. Allow this to cool, and pour into tall glasses; add to each cup one tablespoonful of orange syrup, and the same amount of cream half whipped. Make the orange syrup by putting cut oranges in sugar, allowing it to stand for several hours, then straining off the juice.

Raspberry Mint

TO one quart of lemonade add one-half cupful of raspberries and the leaves from a sprig of mint. Chill for two hours and serve in tall glasses, each of which is garnished with a floating sprig of mint.

Crême de Menthe

CHOP enough spearmint to fill a pint fruit jar, putting the mint in loosely Put on alcohol of the best grade, to completely cover the mint. Put on a rubber, and screw down the

cover. Let it stand for three or four days. Then strain through a doubled cheese cloth. Make a syrup by boiling a quart of sugar and a pint of water five minutes, skim, and let cool. While still warm, but not hot, mix with the mint mixture an equal measure of the syrup. Then bottle and set aside in a cool, dry place. To use after a luncheon party, partly fill tiny cordial glasses with shaved ice, and pour over each from one teaspoonful to one tablespoonful of the *crême de menthe.*

Ginger Ale Flip

CUT into odd little spiral twists, the skin from three lemons adding a pinch each of cinnamon, nutmeg, allspice and whole cloves, a large cupful of granulated sugar, a cupful of flaked pineapple, and two sliced oranges, allowing the fruit *purée* to stand in a cold place for at least three hours; then turn into a large stone pitcher, pouring in slowly three pints of ginger ale, and a half-glassful of blackberry juice from the cooked berries, serving while it effervesces in small chilled earthenware mugs.

Ching-a-Ling

SQUEEZE out and strain the juice of six large oranges. For every orange allow four lumps of sugar. Bring to a boil with one cupful of water, simmer for five minutes without stirring, then set away until ice cold. Pour this on the orange juice, and flavor with three drops of essence of cloves for each orange and an equal amount of essence of peppermint. Fill tall thin glasses two-thirds with pounded ice and pour in the mixture, sticking a sprig of fresh mint in each glass.

Currant Nectar

To one quart of water add one cupful of sugar and two cupfuls of tart currant jelly. Boil till dissolved, then add the juice of three lemons and three oranges. Serve with chopped ice, with a slice of orange on top.

Raspberry Shrub

FOUR quarts of red raspberries to one of vinegar; let stand four days, then strain; to each pint of juice add a pound of sugar. Boil twenty minutes. Bottle, and keep in a dry, cool place.

A Delightful Fruit Punch

DISSOLVE a pound and one-quarter of sugar in a quart of boiling water; add the grated rind of one lemon and one orange, grate only the yellow rind, the least bit of the white will make it bitter; stir in two tablespoonfuls of gelatin that has soaked for an hour in a half-cupful of water; simmer for five minutes until the gelatin is thoroughly dissolved; take from the fire. When cold put in the freezer, but do not turn rapidly.

Claret Punch

ONE quart of claret, one-half pint of ice water; cover two lemons, sliced thin, with one-half cupful of powdered sugar; let them stand ten minutes; add the water and wine; mix well; serve in glasses half full of pounded ice.

Roman Punch

JUICE of eight lemons and five oranges, three pints of sugar, three pints of water; boil and strain; add one wineglassful of rum and two of champagne; also the beaten whites of three eggs. Freeze.

Ginger Ale Punch

ONE cupful of sugar to juice of six lemons, thin lemon slice for each glass, chipped ice, mint sprays, and add five bottles of imported ginger ale just before serving.

Wedding Punch

PEEL six oranges and two lemons, squeezing out all the juice of each one. Add one gill of rum, half a gill of brandy,

and one pound of pulverized sugar, stirring until the sugar is dissolved. Then add one pint of water and half a pint of champagne. Pour the whole in the freezer and stir slowly and steadily until it becomes as thick as soft mush. Then remove the dasher and stand away for two hours. Serve in glasses.

Pomona Punch

PREPARE a syrup by boiling one and a half cupfuls sugar with one quart of water twenty minutes. Add one quart of fine sweet cider, two cups of orange juice, the juice of two large lemons; cool, strain, and freeze. Serve from a punch bowl. Decorate the bowl and table with apple blossoms.

Strawberry and Orange Punch

MAKE a thin syrup of one quart of sugar to two of water. To three pints of syrup add one pint of strawberry juice, drained from canned strawberries, and half the quantity of orange juice. Sweeten to taste. When serving put two tablespoonfuls shaved ice into each glass.

Currant Punch

WASH thoroughly one quart of red currants, adding half the quantity of red raspberries and pour over a pint of boiling water; now cover the fruit closely and when cold press through a sieve, stirring in a cupful and a half of sugar, one tablespoonful of white wine vinegar, and the juice of one orange. Thoroughly chill and serve in slender glasses half filled with shaved ice, adding to each portion a tiny sprig of fresh mint.

Turkish Delight

GRATE a fine ripe pineapple into a bowl and cover with boiling water; let it stand five hours, then strain off the clear liquid, sweeten to taste, and freeze to a soft snow; serve in glasses with a spoonful of red raspberries in the bottom of each glass.

Banana Cup

RUB the pulp of three bananas through a fine wire sieve. Add the grated rind of half a lemon and the juice of one lemon and one orange; pour over this half a pint of boiling water, and put in a cool place for several hours. When quite cool stir well together, sweeten to taste, add a wineglassful of sherry, with some cracked ice, and serve.

Ginger Ale Julep

PUT a scant cupful of granulated sugar into a glass pitcher, and squeeze upon it the juice of six lemons. When it has dissolved, stick half a dozen stalks of mint in the pitcher, bruising slightly some of the lower leaves between the thumb and the finger. Add a cupful of pounded ice, then put in two bottles of ginger ale. Pour out at once.

Egg Lemonade

JUICE and grated rind of three lemons, one and one-half cupfuls of sugar, one cupful of water, two fresh eggs. Put in a quart fruit jar, and shake until very foamy. Fill up jar with water, and stir well. Pour into glasses one-third full of cracked ice.

Claret Cup

PUT the juice of two large juicy lemons and four oranges with four heaping tablespoonfuls of sugar into a glass pitcher, add three or four slices of pineapple, the same of orange, and set in the ice chest for two or three hours. When ready to serve it, fill the pitcher full of cracked ice, and add a pint of claret.

Cherry Drink

WASH and stem ripe, red cherries, weigh, and to three pounds of the fruit add three quarts of boiling water. Place over the fire, where they will steep for two hours. Make a syrup with one and one-half pints of water and one and one-

half pounds of sugar. When it cooks clear let it boil for ten minutes. When the cherries are soft pour into a jelly bag and strain out the clear juice, add the syrup, and boil together for ten minutes. Then cool and keep on ice for a day before serving.

Boiled Lemonade

SQUEEZE the juice from five lemons, strain perfectly clear; add seven tablespoonfuls of sugar. Pour a cupful and a half of boiling water over the sugar and juice and set away to cool. Serve ice cold with a few strawberries, cherries, or raspberries on top.

Pineapple Lemonade

MAKE a syrup by boiling one pint water and one cupful sugar ten minutes. Add one can grated pineapple and juice of three lemons. Cool, strain, and add one quart ice water. Serve in lemonade glasses.

Lemonade with Root Beer or Ginger Ale

THERE are many variations of the old-time lemonade. A new and delightful change from plain lemonade consists in a combination of root beer, or ginger ale, lemon juice, and water. Try it.

XVII.—SANDWICHES

"WHEN in doubt, serve sandwiches," said an experienced hostess to a young housewife. They are always acceptable and the combinations are endless. The bread should be at least a day old and should be cut in very thin slices. Butter should be creamed before spreading, and put on before the slice is cut from the loaf.

For teas, receptions, and all formal functions, the crust must be removed. It makes a pleasing variety to cut sandwiches in squares, oblongs, rounds, and diamonds, and for "special" days there are cutters in nearly all shapes to carry out symbolic fancies.

Sandwiches may be kept perfectly fresh for several hours by wrapping in a dampened napkin and placing where it is cool. Waxed paper should be wrapped around sandwiches intended for travelling or school luncheons.

In making lettuce sandwiches, the outer leaves may be shredded by cutting into narrow strips with scissors.

Veal is a good substitute for chicken; run through the chopper and mix with salad dressing.

Sandwiches should be very small when served with afternoon tea. Fashion approves of the sandwich, probably because it is so English.

Brown, graham, whole wheat bread and rolls, all make delicious sandwiches.

Sardine Club Sandwiches

MAKE triangles of toast, lay between a boneless and skinned sardine, a slice of chicken, and a slice of grilled bacon. Spread each layer with mayonnaise dressing. These are fine after-theatre sandwiches.

Sardine Sandwiches

REMOVE skin and bones from sardines, drain from oil and mash to a paste. Add to an equal quantity each of yolks of hard-boiled eggs rubbed through a sieve, and minced olives. Season with cayenne and a few drops of lemon juice, and moisten with mayonnaise or melted butter.

To Serve with Chocolate

BOSTON brown bread, with plain black walnuts, chopped rather fine, makes very agreeable sandwiches to serve with chocolate.

Dutch Supper Sandwiches

THESE are usually made from rye bread. Between the buttered slices, chopped beef, cheese, or chicken, covered with finely chopped pickles, or bologna sausage, may be spread, or a layer of bologna sausage, then a thin layer of pumpernickel, covered over with another thin slice of rye bread. Cut into strips not over half an inch wide and the length of the slice. Serve on lettuce leaves.

Mock Pâté de Fois Gras Sandwiches

EQUAL parts of boned and skinned sardines and cream cheese, mashed to a pulp together, produce a combination which tastes almost exactly like goose-liver *paté*, is much cheaper, and not as indigestible. Spread on entire wheat bread.

Indian Sandwiches

REMOVE the skin and bones from two sardines; pound the meat to a paste; add a teaspoonful of anchovy paste, a dash of salt and red pepper, and rub in the hard-boiled yolks of six eggs. Add two tablespoonfuls of olive oil. Butter the end of the loaf of bread, cut off the slices, then cut them into

crescent-shaped pieces or rounds. Toast the bread quickly on one side, spread the other with the mixture, and serve at once, as they must be eaten while the toast is hot. These sandwiches are nice for late suppers.

Piquant Sandwiches

CHIPPED beef, chopped very fine and mixed with mayonnaise, is a simple, inexpensive, and delicious sandwich filling. No one would ever be able to identify the chipped beef.

Lemon Sandwiches

MASH the yolks of three hard-boiled eggs, add two ounces of butter, one-fourth teaspoonful of salt, a dash of cayenne, one teaspoonful of chopped parsley, grated rind of a lemon. Mix these well together and then mix into a paste with three tablespoonfuls of lemon juice. Spread upon slices of whole wheat bread cut in fancy shapes, and serve. Cut the slices as thin as possible. These are delicious with a fish or seafood salad.

Water Cress and Egg Salad

MIX together sifted yolk of egg, finely chopped white of egg, cress leaves, and mayonnaise dressing. Spread this mixture upon the bread, press two similar shaped pieces together, and serve around a bunch of cress. Garnish with hard-boiled eggs cut in quarters.

Caviare Sandwiches

TAKE a small box of Russian caviare, turn it into a shallow dish, and beat into it, alternately, a little at a time, lemon juice and olive oil, stirring until you have a thick white paste. Spread thickly upon bread, and scatter over the top finely grated hard-boiled eggs.

Nut Sandwiches

To two parts of almonds, chopped fine, add one part each of hickory nuts and English walnuts also chopped fine and the mixture moistened to a paste with cider, not too sweet. Sprinkle on grated cheese and place on white bread.

Peanut Sandwiches

SPREAD thin slices of white bread with mayonnaise dressing and cover well with ground peanuts that have been well roasted. Served with sherry they are delicious.

Delicious Hot Cream Chicken Sandwiches

CHOP cold cooked chicken very fine; to each pint allow a teaspoonful of salt and a dash of red pepper; spread this in a thick layer over buttered bread, and just at serving time put in the centre of the chicken a spoonful of nicely made cream gravy.

Sandwich Ham

AFTER boiling a piece of ham, the short shank end is generally stringy and often wasted. If this is passed twice through a meat chopper and then mixed with a little sweet cream it makes ham which is excellent for sandwiches.

Novelty Sandwiches

ONE small onion, nine olives, one green pepper, one chow-chow pickle, one cupful of grated cheese, bread and butter. Chop fine all the ingredients. Then add enough mustard dressing from the chow-chow to form a paste when mixed with the other things. Spread on thin slices of buttered bread.

Salmagundi Sandwiches

CUT in thin slices brown bread, whole wheat bread, and white or rye bread; butter each slice lightly and spread with a paste made by chopping very fine some cold boiled ham. Moisten the ham with salad dressing and spread on the rounds

of buttered bread; place the white bread rounds between the brown bread and whole wheat bread; press lightly together, serve on a plate garnished with greens of any kind.

Chicken-Oyster Sandwiches

To each cupful of finely chopped cold chicken allow six large oysters and three tablespoonfuls of melted butter. Wash oysters in liquor. Cook the oysters in their own liquor until the edges curl, chop them, and add to the chicken. Season with two saltspoonfuls of salt and one saltspoonful of white pepper. Add the butter, and blend well. Spread between thin slices of unbuttered bread.

Chicken and Ham Sandwiches

Mince together two cupfuls of cold roast or boiled seasoned chicken and one cupful of cold boiled ham. Soften with highly seasoned mayonnaise dressing until the mixture will spread readily. Cut white or graham bread into slices, having first buttered it lightly on the loaf, and spread these with the mixture. Tongue and chicken may be prepared in the same way. For the extra seasoning of the mayonnaise allow one-half teaspoonful of chopped parsley and the same quantity of minced green pepper pod.

French Sandwiches

No. 1

Chop one cupful of white meat of chicken, three olives, one gherkin, and one tablespoonful of capers; add to this half a pint of mayonnaise dressing; thin with a tablespoonful of tarragon vinegar. Spread on thin slices of bread, roll, and tie.

French Sandwiches

No. 2

Mix equal parts of tongue and ham to a paste with butter, season with onion juice mixed with lemon juice. Spread between thin slices of white bread, laying a few watercress leaves between before pressing the slices together.

English Sandwiches

To a half-cupful of thick mayonnaise add two tablespoonfuls of whipped cream, a dessertspoonful of grated horseradish, and two of finely chopped cucumbers. Spread the bread with this mixture, then with a thin layer of finely chopped rare beef, and cover with more dressing and bread. These are especially nice for stag affairs and are often served with beer or ale.

Roast Beef and Tomato Sandwiches

BUTTER whole wheat or brown bread, cover with a very thin layer of rare roast beef; put on top of this a slice of tomato, dust with salt and pepper; pour over a teaspoonful of olive oil or mayonnaise dressing. Cover with another layer of unbuttered bread.

Ginger Sandwiches

CUT nut bread in thin slices. Make a filling of chopped Canton ginger and whipped cream and spread a couple of hours before serving.

"Sweet Sixteen" Sandwiches

CUT the crusts from the end of a loaf of bread; butter the slices, cover one-half with thin slices of white meat of roasted chicken; put over this a thin layer of dill pickles. Cover with another piece of buttered bread, trim off the crusts, cut into triangles, and serve on lettuce leaves.

Ripe Olive Sandwiches

SOAK ripe olives for half an hour in olive oil in which a clove of garlic has been bruised, stone, and chop. Spread between brown or whole wheat bread which has been well buttered.

Walnut and Cheese Sandwiches

CHOP half a cupful of walnut meats fine and mix with half a cupful of Neufchatel cheese. Add a dash of pepper and salt if they seem to require seasoning. Spread between slices of white bread. If desired this sandwich may be further improved by putting between the folds a crisp lettuce leaf.

Creamed Cheese Sandwiches

LIGHTLY butter rounds of Boston brown bread. Make the filling of Neufchatel cheese mixed with whipped cream, one-half cupful finely chopped walnuts, and enough salad dressing to make it the proper consistency to spread nicely.

Cheese Sandwiches

To half a cupful of grated mild cheese and half a cupful of Roquefort cheese rubbed to a paste, add one teaspoonful of paprika and half a cupful of cream. Beat till smooth and spread between graham bread.

Shrimp Sandwiches

SHELL clean a pint of shrimps, chop very fine, add one and a half tablespoonfuls of lemon juice and three tablespoonfuls of oil mayonnaise. Spread between buttered folds of white bread.

Mock Crab Sandwiches

To half a cupful of grated cheese add four tablespoonfuls of creamed butter, half a teaspoonful each of salt, paprika, and mustard, one teaspoonful of anchovy paste and vinegar, and two tablespoonfuls of chopped olives. Spread between rounds of white bread.

Salmon Sandwiches

DRAIN the oil from a can of salmon, remove the skin and bones, and mash the fish very fine. Add to it the yolks of six hard-boiled eggs pressed through a potato ricer, half a tea-

spoonful of salt, one-fourth teaspoonful of paprika, two tablespoonfuls lemon juice, two tablespoonfuls chopped parsley, and half a cupful of boiled salad dressing. Spread between folds of white or entire wheat bread.

Anchovy Cheese Sandwiches

To one cottage cheese add two teaspoonfuls of anchovy essence, one teaspoonful of paprika, and two tablespoonfuls of chopped parsley. Spread between slices of entire wheat bread.

Almond Sandwiches

THE proportion for the filling is one part chopped almonds to two parts shredded or grated salted celery moistened with mayonnaise and spread between thin slices of brown bread.

Ham and Veal Sandwiches

CHOP fine one cupful each of cold ham and cold veal Add four drops of tabasco sauce, one teaspoonful of mustard, two teaspoonfuls of vinegar, two teaspoonfuls of grated horseradish, and two tablespoonfuls of mayonnaise. Spread between buttered folds of white bread.

Boiled Tongue Sandwiches

PLACE tongue in cold water and let come slowly to a boil, skim, and simmer for an hour; then take out the tongue, remove the skin, and let it stew gently in a sauce made of one can of tomatoes, one onion, and pepper to taste. When very tender take from the fire and let it remain in the liquor until cold, then slice thin and put between slices of well buttered white bread.

Celery Sandwiches

No. 1

CHOP fine two cupfuls of celery, add two tablespoonfuls of chopped walnuts, two tablespoonfuls of chopped olives, and a quarter of a cupful of mayonnaise dressing. Spread between folds of buttered white bread.

Celery Sandwiches
No. 2

MIX a cupful of finely cut celery with the chopped whites and sifted yolks of two hard-boiled eggs. Stir all well together and moisten with two tablespoonfuls of mayonnaise.

Lettuce and Cheese Sandwiches

THESE are made of Boston brown bread. Spread the round slices thickly with fresh Philadelphia cream cheese, and lay on this a crisp lettuce leaf that has just been dipped in French dressing. Press another piece of buttered brown bread upon this, and cut each sandwich in half, thus making a semicircular slice. Keep these sandwiches in the ice box until ready to use them. Another filling for brown bread is grated cheese mixed with English walnut meats chopped and seasoned with salt.

Chicken and Celery Sandwiches

PUT through the finest knife of the meat chopper one cupful of cold chicken. Add to it one cupful of celery cut very fine and four tablespoonfuls of mayonnaise. Butter rounds of white bread, spread.

Walnut Sandwiches

THERE is no end to the variety of sandwiches with which walnuts may be combined. A plain bread-and-butter sandwich, with finely chopped walnuts between, and just a suspicion of salt sprinkled over, is one. The same with the addition of a crisp lettuce leaf and a teaspoonful of mayonnaise dressing is still better. A chicken sandwich sprinkled with chopped walnuts acquires a new and pleasant flavor.

Boston Sandwiches

MASH a cupful of baked beans very fine and mix with them a tablespoonful of finely minced boiled ham. Season

with pepper and a dash of French mustard and rub to a paste with a great spoonful of butter. Spread upon thin slices of crustless Boston brown bread and press the two slices firmly together. Keep in the ice box until needed.

Card Party Sandwiches

CUT thin slices of white bread into pieces the size and shape of playing cards, fill with highly spiced, finely chopped meat, moistened with mayonnaise dressing. Slice pickled beets and cut out tiny hearts and place them on the slices in the positions of the spots on the cards.

Brown Bread Sandwiches

CUT Boston brown bread, which has been baked in baking powder cans, in thin slices and butter them. Select crisp leaves of lettuce, and wash; then drain and dry. Place one between two slices of buttered bread so that the curly edge will come out over the edge of the bread. Press the bread down closely and on the top piece press half of an English walnut.

Baked Bean Sandwiches

PRESS one cupful of baked beans through a sieve; mix in thoroughly one tablespoonful of horseradish, two teaspoonfuls of celery, minced fine, and two teaspoonfuls of vinegar; spread between thin slices of buttered whole wheat bread.

Pimento Sandwiches

ONE-HALF pound cheese, one can pimento, one small onion. Run through meat grinder separately, and then together, making a sandwich paste.

Harlequin Sandwiches

TRIM off crust from the sides of a brown and white loaf of bread and cut into slices lengthwise. Take a slice of white bread for lower layer, and spread with moist cream cheese,

then a layer of brown bread with thinly sliced pickles and mayonnaise, another of white bread and cheese, followed by one of brown bread with pickles and mayonnaise, and the last slice being white bread. Press layers together, and slice across as you would a layer cake.

Olive and Gherkin Sandwiches

CUT olives into very thin slices, add a few gherkins wiped dry and sliced. Spread between thin slices of buttered brown bread and cut into long narrow pieces.

Pepper Sandwiches

THIS sandwich is new and in high favor with those who like a well-seasoned morsel. Remove all seeds from a pepper, chop fine, and simmer ten minutes in a tablespoonful of butter without allowing it to color; then add a dash of salt, and set aside. When cold add the yolks of three hard-boiled eggs, and rub to a paste. Butter well thin slices of white bread, spread generously with the mixture, and cut in triangles.

Oyster Sandwiches

CUT slices of brown bread into fancy shapes. Remove the muscles from two dozen large oysters, cut them into small pieces, add two tablespoonfuls of chopped pickle, four tablespoonfuls of mixed horseradish, six tablespoonfuls of chopped celery. Mix with one-half cupful of mayonnaise dressing, and two tablespoonfuls of Worcestershire sauce. Spread between slices of well-buttered bread.

Egg Sandwiches

BOIL six eggs hard, remove the shells, and chop the eggs very fine. Stone and chop eighteen large olives, and mix these with the minced egg. Moisten all with a little melted butter, season to taste, and mix to a moist paste. Spread on thin slices of crustless bread, and press the two halves of the sandwiches firmly together.

Sweet Sandwiches

QUINCE jelly makes a delicious filling for buttered white bread or zephyrettes if sprinkled with chopped English walnut meats. Any kind of jelly or marmalade may be used with either walnut or pecan meats. Nut bread used with a filling of orange or grape fruit marmalade, or any of the "conserves" such as strawberry-pineapple or raspberry-currant, will be found delicious.

A layer of minced pecan nuts, mixed with creamed butter and spread on white bread, then a layer of sliced marshmallows and a few cut candied or maraschino cherries, makes a fine sandwich.

Fig Sandwiches

REMOVE stems, and chop figs fine; add a small quantity of water; cook in double boiler until a paste is formed, then add a few drops of lemon juice. Cool mixture, and spread on thin slices of buttered bread; sprinkle with finely chopped peanuts, and cover with pieces of buttered bread.

Ginger Sandwiches

CUT Canton ginger in very thin slices. Prepare as other sandwiches.

Jelly Sandwiches

SPREAD thin slices of buttered white bread with any desired jelly, and if liked, finely chopped almonds may be sprinkled over the jelly before putting the slices of bread together.

Ginger and Orange Sandwiches

CHOP one-half cupful each of candied ginger and candied orange peel, add three tablespoonfuls of thick cream. Spread on either white or whole wheat bread.

Pineapple Sandwiches

CUT white bread into thin slices, remove the crust, and butter well. Chop pineapple very fine, drain off the juice, and sprinkle the minced fruit over the bread, press down firmly, and cut in squares.

Cocoanut Sandwiches

GRATE one cocoanut, which ought to yield about two cupfuls of fine white shreds. Add half a cupful of chopped walnut meats, two teaspoonfuls of lemon juice, a quarter of a cupful of sugar, and one-third cupful of cream. Mix well and spread between folds of buttered white bread.

Nut and Fig Sandwiches

ONE-HALF pound of figs, wash, chop fine, and boil in a little water. When cold mix with nut meats finely chopped. Spread on white bread.

Irish Sandwiches

BANANAS sliced thin, dipped in maraschino, rum, or lemon juice. Place between thin buttered slices of white bread. To be served with tea.

Raisin Sandwiches

RAISIN sandwiches are quite the thing to serve with lemonade or sweet punch and are made by cutting large raisins in half with sharp scissors, and removing the seeds. Lay the fruit closely together between the thin buttered white bread and moisten with a suspicion of brandy or sherry, but not enough to reach the bread and make it soggy. Cut the bread in fancy shapes.

XVIII.—RECIPES FROM FOREIGN LANDS

A HOSTESS often wishes to entertain by having something characteristic of a foreign country. With this in view the following recipes have been collected. They are within the power of the average cook, and our large importing grocery stores keep the ingredients required. Many friends in distant lands have graciously contributed to this chapter.

French Onion Bouillon

FRY half a dozen medium-sized onions in olive oil or butter to a golden brown. Add a quart of boiling water and salt and cook half an hour. Season with celery salt and paprika. When ready to serve stir in gradually the well-beaten yolks of two eggs. Put pieces of stale bread, which have been dried in the oven, into the soup plates. Pour over the soup, sprinkle thickly with grated Parmesan cheese on the top of the bread and a dash of paprika. This rule was given by a French peasant. It is a meal in itself with a simple salad.

Spanish Soup

SOAK one-half pound or one pound of white beans overnight; boil them the next morning till tender; add one large white cabbage which has been cut up small, a bit of bacon, a whole red pepper, and some salt; boil the whole for an hour. Heat some lard or drippings in a saucepan and fry in it a sliced onion; put in the soup little by little, stir often with a wooden spoon. A little olive butter and garlic make this a perfect representative of the favorite soup kept for all travellers in Spanish inns.

Burmese Balachoung for Sandwiches or Salads

CHOP fine as many shrimp as desired, canned or fresh, with one or two finely chopped onions. Place as much butter in a skillet as will keep them from scorching, brown slightly, stirring constantly. Chop fine green or red "chillies," peppers (if they are not available use cayenne pepper as taste demands); to this add lemon juice to make the mixture of a pasty consistency. Cook until well blended, which takes only a few minutes. The Burmese eat this with rice and curry. It makes delicious filling for sandwiches, or salad served on lettuce leaves.

India Curry

FRY brown in two tablespoonfuls of butter one onion sliced fine, add two tablespoonfuls of good curry powder, mixed with two tablespoonfuls of flour, add water enough to make a mixture, put with the onion, simmer one minute, add finely sliced potatoes, salt to taste. Lamb, chicken, or veal may be cut in dice and cooked in this sauce. Take the milk from one cocoanut, add to the mixture, cover all with water, and cover tightly until the meat and potatoes are cooked. Stir occasionally. Just before serving add the strained hot juice of two lemons. Serve with plain, hot, boiled rice.

Indian Pullao

TAKE a fine fat fowl, a year old, and boil with four sliced onions until tender. Fry two large tablespoonfuls of seeded raisins, put them aside, fry two dozen blanched and shredded almonds, also three sliced onions. Keep each separately, fry one pound of washed rice in butter, and add to the broth in which the fowl was boiled. When tender the fowl is taken out, cut in sections, and fried in butter. While the rice is boiling, add one teaspoonful of salt, six cloves, four inches of stick cinnamon, one-half dozen cardamom seeds. When the rice is well cooked, put a layer on a hot platter, then the

fowl, then rice, cut ten hard-boiled eggs in halves and lay over rice. Strew on the top the fried onions, raisins, and almonds. This may be made with a leg of lamb instead of chicken, boiled and then browned. This dish is served hot, though in Burma it is eaten cold.

Italian Meat Balls

ONE pound of Hamburger steak, one cupful bread crumbs, one-half cupful grated cheese, two eggs beaten until light, one tablespoonful chopped parsley, salt and pepper; mix in balls size of an egg, drop in soup stock, and boil ten minutes, then add two beaten eggs, one spoonful grated cheese, and stir in lastly for thickening; serve.

Chicken Chop-Suey

SCRAPE the meat from the bone of half a chicken and cut into strips. Slice a large onion thin, soak a handful of dried mushrooms for ten minutes in water. Drain and remove the stems. Cut a stalk of celery into inch lengths, wash and slice six potatoes. Put into a frying-pan a little fat, and cook the chicken in this until done, but not hard. Add the onions and cook a little; add the mushrooms and enough Chinese sauce to make the mixture brown; pour in a little water and cook for ten minutes. Add celery and potatoes and after a few minutes a little flour and water to thicken slightly. Boil up and serve with rice.

Italian Macaroni

HAVE two quarts of boiling water, add a tablespoonful of salt, a pound of yellow, Italian or Greek, spaghetti or macaroni broken in about five-inch lengths, and boil twenty minutes. Drain and shake well in a large colander. Have Italian cheese, made especially for spaghetti or macaroni, or, if impossible to get it, use dry Swiss cheese. Grate about a cupful. Sprinkle cheese on platter, then layer of macaroni, then cheese, and so on until all is used up and a good layer of cheese on top.

Take a quarter of a pound of butter, put in frying-pan, and brown; pour over macaroni while butter is foaming. If a gravy is preferred, here is a good one: Take five good sized onions, chopped, and half-can of tomatoes, half-pound of chopped beef (if liked); let simmer an hour; add tablespoonful of butter. Salt and pepper to taste.

German Boiled Dinner

BOIL a chunk of ham. When partly done add six or eight carrots, three or four potatoes, diced, and can of green string beans. When done add tablespoonful of flour with a little vinegar. Salt and pepper to taste.

Hungarian Noodles

BREAK enough of the egg shell from one end to drop egg, add two egg shellfuls of milk, one shellful of water, and a pinch of salt, mix stiff with flour. Roll out thin into six small sheets. Lay the sheets on top of one another and then cut into strips one-eighth of an inch by two inches, and lay aside to dry. Boil in salt water until tender, take out and drain. Take a pound of cottage cheese and sprinkle lightly through the noodles. Serve hot. Minced parsley dashed over gives the dish an appetizing effect. This recipe makes enough for six.

German Potato Salad with Dumplings

WASH, but do not peel, one quart of potatoes, and put them on to boil in very salt water. Make a dough with one pint of flour, one-half teaspoonful of salt, one tablespoonful of butter, one teaspoonful of baking powder, and cold milk to mix. Make up lightly with the hands into small balls and put them in a steamer over boiling water. Chop very fine two tablespoonfuls of raw white onion. As soon as the potatoes are done peel and cut them in slices. Have ready a double quantity of French dressing, sprinkle it and the onions over the potatoes, and arrange on a hot platter. As soon

as the dumplings are done arrange them in a circle round the salad and send quickly to the table. This is an especially good dish for a cold winter evening.

Famous Scotch Haggis

TAKE the tongue, heart, and liver of a sheep. Weigh and mince all fine with half the weight of fat bacon chopped, with two large tablespoonfuls of finely minced onion. Season with salt, pepper, pinch of cayenne, one tablespoonful of minced powdered herbs, and a cupful of oatmeal. When all are mixed, moisten with good brown stock or gravy, turn into a floured pudding bag. In Scotland it is boiled in the stomach or paunch of the sheep. Sew up securely, leaving room for it to swell. Put into boiling water, and boil gently for three hours. Serve the haggis on a hot platter, garnished with lemon rings and parsley. This dish is highly esteemed in Scotland.

Spanish Eggs

PREPARE the rice as for the chicken in a rice border, and then spread it on a hot platter. Arrange one dozen poached eggs on this bed of rice, and put a tiny bit of butter on the top of each egg. Serve at once.

Spanish Stew

Two pounds of beef ribs, one pint of canned tomatoes, one large onion, one red pepper, six cloves. Cover with a quart of water and simmer very slowly for two or three hours. Salt to taste and thicken the gravy with browned flour just before serving.

Scotch Shortbread

To make two good sized cakes: One pound butter, one-half pound powdered sugar, one and one-half pounds flour. Knead sugar and butter together, then knead in the flour gradually. The longer kneaded the better. Shape in round or square cakes, nick around the edges with the forefinger

and thumb, and jab over the top with a fork. Put it on buttered paper, then on tin, and bake in a moderate oven twenty minutes.

Scotch Cake

RUB three-quarters of a pound of butter into one pound of sifted flour, mix into it one pound of granulated sugar and one large tablespoonful of powdered cinnamon; mix it into a dough with three well-beaten eggs; roll out into a sheet; cut into round cakes and bake in a quick oven. They will require but a few minutes. Over the top, before baking, sprinkle chopped almonds and chopped candied orange.

Bannocks

TWO teacupfuls of oatmeal or barley meal sifted with two teaspoonfuls baking powder; add to two beaten eggs one tablespoonful of sugar and one pint of milk with a little salt, sifting in the oatmeal. Bake on a griddle.

National Scottish Cake, also Called "Dundee"

TAKE fresh butter and sugar of each one pound, one and one-fourth pounds of flour, two pounds of currants, one pound of mixed candied citron peel and crystallized fruit (in all), four ounces of sweet almonds, one-half ounce of allspice and cinnamon (in all), one gill of brandy, and ten eggs. Put a tin hoop on twelve layers of brown paper, put in the paste, and bake in a brisk but not too hot oven three hours. Melt the butter to a cream and add the sugar. Stir till light, then add the allspice and cinnamon, and let this stand fifteen minutes. Then, having separated the yolks and whites of the eggs, work in two or three at a time. Beat all the whites to a stiff snow. Work in the whites gradually and add the citron, cut in transparent slices and fine strips, then add the almonds, split, and a glass of brandy, and finally the sifted flour. Cover the top of the cake with split almonds and protect the top for two hours by a brown paper cover.

Apfelkuchen — Apple-Cake

To one egg well beaten, add a cupful of milk. Mix well, then add two and two-thirds cupfuls flour that has been slightly warmed. Beat well. Dissolve one-third of a compressed yeast-cake in two tablespoonfuls of lukewarm milk and add to the water with two tablespoonfuls of softened butter. Knead thoroughly in the bowl, manipulating with hands and spoon until the dough feels elastic and velvety. Cover and stand in a warm place for about five hours, or until it has doubled in bulk, then turn on a floured board and roll into a sheet about half an inch thick. Place on a greased tin, spread with butter, sprinkle lightly with sugar, then arrange closely over the top enough overlapping slices of apple to cover. Wipe over with butter, sprinkle with sugar and plenty of nutmeg or cinnamon. Cover with a light cloth and set aside for twenty minutes or until quite light, then bake in a hot oven. As soon as done brush lightly with cold water to prevent the *kuchen* becoming too dry.

Blitzkuchen

NINE ounces of butter, nine ounces of granulated sugar, nine ounces of flour, four ounces of chopped almonds, four eggs, rind of one lemon. Stir butter to a cream, add whole eggs, one at a time, beating well. Add sugar, leaving a little to spread on top. Add chopped lemon rind and flour, spread in thin layers in buttered pans, sprinkle with almonds chopped and bleached, cinnamon and sugar. Bake slowly, and leave in pan till cool.

Lebkuchen

CUT fine a pound of blanched almonds, and add two ounces of citron, two ounces of orange peel, cut small, two ounces of ground cinnamon, one-fourth an ounce of cloves and one-fourth a grated nutmeg. Moisten in a bowl with a wineglassful of prune brandy. Melt four pounds of strained honey and gradually add to this five pounds of sifted flour.

Turn the mixture onto a kneading-board and add one ounce of pure carbonate of potash, then the moistened ingredients, the grated peel of one lemon, and lastly, one pound of powdered sugar. Knead the dough with flour, and roll it out an inch thick. Spread upon baking sheets and buttered pans, and bake in a medium oven. Afterward cut in large pieces while still warm. After taking the cake from tins spread with a syrup of sugar and water, boiled until it will spin a thread. Store in tin boxes or jars like any spice cakes or cookies.

German Coffee Bread

POUR one cupful scalded milk over one-third cupful sugar, one-third cupful butter, and one-third teaspoonful salt. When lukewarm, add one yeast-cake dissolved in one-fourth cupful lukewarm water, two eggs, slightly beaten, and enough flour to make a stiff batter. Cover, and let rise. Beat well and spread in a buttered tin. Cover with three-fourths cupful soft bread crumbs, mixed with two tablespoonfuls sugar, two tablespoonfuls melted butter, two tablespoonfuls chopped almonds, and three-fourths teaspoonful cinnamon.

Dutch Balls

MIX a pound of flour and a pound of powdered sugar with six pounded cloves and sift the mixture three times to well distribute; add four well-beaten eggs, four ounces of butter, and the juice of half a lemon. Then add a teaspoonful of carbonate of soda melted in a gill of warm milk, and work the mass well. Roll the size of a walnut and put in each ball alternately, a split almond and a piece of candied peel. Bake them light brown in a moderate oven.

Italian Buns

WHIP four eggs to a froth, add half a pound of sifted sugar, the grated rind of half a lemon, and half a pound of flour; mix and beat well. Roll into round balls, put on a buttered tin, and bake in a moderate oven.

Italian Afternoon Cakes

ONE cupful of sugar, one-half cupful of butter, one cupful of milk, three eggs, one cupful of raisins, currants, and citron mixed and chopped fine, three cupfuls of flour, two teaspoonfuls of baking powder, mixed with the flour; flavor with nutmeg and cinnamon. Beat well and bake in gem pans. Excellent eaten warm with hot chocolate.

Scandinavian Bread

SIFT together half a pint each of wheat and graham flour, one pint of barley meal, two teaspoonfuls of baking powder, and a teaspoonful of salt; make into a batter with one pint of milk and bake in greased bread pan in a fairly hot oven.

Tromso Pudding — Norwegian

½ pound prunes.
Cold water.
1 cupful sugar.
1¼ cupfuls boiling water.
6 tablespoonfuls cornstarch.
2-inch stick cinnamon.
2 tablespoonfuls lemon juice.

WASH and pick over prunes. Soak two hours in cold water to cover, then simmer in same water gently until tender. Remove stones; then add sugar and cinnamon to boiling water, and cook ten minutes. Dilute cornstarch with sufficient cold water to pour; add to prune mixture and cook until cornstarch does not taste raw (about ten minutes). Remove stick cinnamon. Turn mixture into mould previously wet with cold water. Chill, and serve with whipped cream, sweetened and flavored.

West India Muffins

SIFT twice one quart of flour; put into it one teacupful of fresh yeast, one gill of sweet cream, one large spoonful of butter, one teaspoonful of sugar, and half a teaspoonful of

salt. With fresh milk make it into a very stiff batter, then add to it four eggs beaten very light. Stir them in, beating the batter well. Mix at two o'clock in the afternoon if you want the muffins for tea. Bake in well-greased muffin rings in a quick oven.

Indian Sweet Rice

MAKE a simple syrup by adding a cupful of sugar to as much water as will be required to cook the rice. Melt a tablespoonful of butter in a steam-tight kettle, and in this fry the rice, which has been thoroughly washed and soaked twenty minutes, until it is slightly discolored. Then add the syrup and a few blanched almonds, two tablespoonfuls of shredded raw cocoanut, a handful of raisins, and a small pinch of saffron. Cover tightly. Cook until the rice is tender, when all the moisture should be absorbed. It should be a mass of creamy, sweet flakes, flecked with dots of fruits and nuts. This is a famous Eastern recipe, and just the thing to serve at a Japanese affair.

Turkish Rice

½ pint of rice.
½ pint of strained canned tomato.
1 pint of water.
2 tablespoonfuls of butter.
1 teaspoonful of salt.
¼ teaspoonful of pepper.
1 teaspoonful of onion juice.

WASH the rice in three waters, rubbing it between the hands. Put all in a stew pan closely covered and cook for one hour. Stir very little. This serves six persons.

Swiss Cakes

BEAT thoroughly the yolks of five eggs and one pound sifted loaf sugar; sift in one pound of flour and a tablespoonful anise seed; beat all together for several minutes; whip the whites of five eggs to a stiff froth, add and beat all briskly; roll out an inch thick and cut with a moulded cutter into a

small size; set aside and bake next morning; heat the baking tin and rub with yellow beeswax; let the tin cool again, wipe it, and lay on the cakes. Bake a light brown.

Swiss Chocolate Snaps

BEAT the whites of three eggs to a stiff snow, add six ounces of sifted sugar, two ounces of grated chocolate, and two ounces of pounded almonds. Stir all well together. Cut strips of wafer paper, spread them with the mass, and set them in the oven to dry.

Japanese Rice

PUT one cupful of rice into three cupfuls of cold, salted water, and set it on the stove, where it will gradually come to the boil. When it boils, set it in a hotter place, and for five minutes let it boil furiously. Set it back again with an asbestos mat under it. The water will gradually steam away and leave it dry and well cooked.

Mexican Rice

PUT a cupful of dried rice into a hot frying-pan containing a tablespoonful of olive oil. Roast the rice until well brown, but not scorched. Add to this four or five finely chopped tomatoes, a little salt, and two teaspoonfuls of Mexican or Chili pepper pulp. Pour in a cupful of boiling water and let simmer until the rice is soft.

Savory Rice

PUT in a saucepan such chicken and beef bones as would ordinarily be used in making stock, add a cupful of good stock, cover with water, and simmer for one hour. At the end of this time slice six tomatoes and add them to the stock with four onions already sliced and fried brown in salad oil. Cook slowly another hour, after which strain and season with pepper and salt. In the meantime place two cupfuls of rice in a saucepan on the stove and add the sauce by degrees, as

the rice swells. Stir constantly and when nearly done add a piece of butter the size of an egg. Serve hot. This is an excellent dish for Monday to utilize the left-overs from Sunday.

Chicken Tamales

COOK in a double boiler one cupful corn meal, salt, and water enough to make a stiff mush. Take a small chicken, boil, cut meat into small pieces, add three tomatoes, two peppers, cook all together. Form the corn meal into flat cakes, take chicken mixture, place in centre, roll, and wrap in a corn husk. Steam before eating and serve very hot.

Spanish Omelet

SEPARATE six eggs, whip the yolks until light. While whipping add one tablespoonful of flour, three-fourths of a cupful of milk, and one teaspoonful of salt. Whip the whites until stiff. Stir into the yolks. Turn the whole into a buttered baking-dish. Bake for twenty minutes, or until set. While this is baking, take one cupful of canned tomatoes, one small cupful of water, and one onion chopped fine. Season with salt and pinch of red pepper. Cook until onions are tender, then stir in one teaspoonful of flour, rubbed smooth in one tablespoonful of butter. Cook until smooth. Turn over omelet and serve, or serve the sauce in side dish and put a little on each helping.

Spanish Rice

THREE small onions, one cupful of rice. Fry onion and rice in one tablespoonful of butter and lard; season with salt and pepper to taste. Add boiling water three or four times until rice is thoroughly soft. Just before serving add four tablespoonfuls of tomato catsup.

Polenta

ADD one tablespoonful of butter and one teaspoonful of salt to three pints of boiling water, sprinkle in one pint, two cupfuls of corn meal, and cook for an hour, stirring frequently.

Fill a dish with this, alternating with one cupful each of gravy and tomato sauce. Cover with grated cheese and brown in the oven. Olive oil instead of butter gives a more genuinely Italian flavor.

Mexican Stuffed Chili

SELECT even-sized green Chili peppers and cut out the stems, seeds, and cores. Make a stuffing of sardines and cheese chopped fine; mix with one egg. Stuff the peppers with this. Dip in thick batter and fry in deep lard. Drain in a colander when done. Serve very hot.

Mexican Pudding

BUTTER and line an oyster bowl with sliced sweet potatoes. Take two-thirds can sweet corn and mix with one green pepper and one Spanish pimento, chopped fine. Put on a cover of sliced sweet potatoes and bake in a brisk oven fifteen minutes. Turn out on a plate and serve.

Genuine Chili Con Carne

TWO pounds of raw beef, chopped fine; one small onion, or clove of garlic, chopped fine; two tomatoes, strained; tablespoonful of Chili powder or Chili pepper pulp. Fry the meat, tomatoes, and chopped onion or garlic with two tablespoonfuls of suet until cooked through. Then place in a stew kettle with about a quart of water and boil one-half hour. To this may be added a pint of Mexican beans which have been soaked over night and boiled very tender. Salt to taste. Mexicans do not cook the Chili con carne and beans together, but serve them usually in the same dish. American cooks, however, cook the meat and beans together for an hour. The Chili con carne may be thickened with a little flour and water mixed, if it seems too thin when ready to serve.

Chili Con Carne

THREE peppers, two pounds of round steak, four onions, one-half can of tomatoes, salt and pepper to season. Fry

the sliced onions in a little butter, add the meat cut into cubes, brown, and add two cupfuls of water. Cook slowly one hour, then add the peppers, sliced thin, the tomatoes, and cook one-half hour. Thicken the gravy with a tablespoonful of flour wet in cold water.

Sweetbreads à la Gomez

FOUR beef sweetbreads, two large oranges, one lemon, one cupful of butter, one cupful boiling water, one teaspoonful salt, two tablespoonfuls flour, one-half teaspoonful pepper, one egg, one green pepper, and one-eighth teaspoonful paprika. Parboil the sweetbreads until tender, plunge them into cold water, drain, and with a sharp knife trim the sweetbreads, removing the skin and gristly membrane. Sprinkle them with the juice of one orange and place in an ice-box for two hours. At the end of that time place them in a baking-pan, dredge with flour, sprinkle with salt and pepper, dot with butter, and pour over them a half-cupful of boiling water. Then add the orange juice in which they stood in the ice-box and the green pepper cut in thin strips. Place in the oven and cook until nicely brown, basting them frequently. Serve with a sauce made as follows: Cream one-half a cupful of butter, mix with it one-fourth teaspoonful of salt, one-eighth of a teaspoonful of paprika, the juice of one-half an orange, the juice of one lemon, and one-half a cupful of boiling water. To this add one egg, well beaten, and cook in a double boiler until thick and smooth. Add the rest of your butter, creamed, pour the sauce around your sweetbreads, and serve them garnished with slices of the last half of an orange.

Lemon Cheesecakes

MAKE a light crust, roll out very thin, cut in rounds and line patty pans, or shallow gem pans. Put about a teaspoonful of the lemon cream into each, and bake in a fairly quick oven.

Lemon Cream

ONE-FOURTH pound of butter, one pound of granulated sugar, six eggs well beaten, the grated rind and juice of three lemons. Melt the butter in a double boiler, add the other ingredients, and stir gently until as thick as good cream. Pour into glasses and seal. This will keep good for months, and is therefore always ready for an unexpected call. This recipe was famous in England seventy years ago.

Richmond Maids

THIS recipe belonged to a maid-in-waiting to Queen Elizabeth and was sold in a little pastry shop in Richmond, England: One cupful of sweet milk, one of sour, one of sugar, one of seeded raisins, one lemon, the yolks of four eggs, a pinch of salt. Cut the raisins in small pieces. Put all the milk in the double boiler, and cook until it curds; then strain. Put the curd through a sieve. Beat the sugar and yolks of eggs together, add the grated rind and juice of the lemon, the raisins, and the curd. Line little patty pans with pie crust rolled thin. Put a large spoonful of the filling in each, and bake in a moderate oven for twenty minutes.

XIX.—CHAFING DISH AND CASSEROLE COURSES AND FIRELESS COOKERY

AT one time the chafing dish was regarded as a luxury, a fad, perhaps, but now it is classed as one of the housekeeper's indispensables. It not only furnishes an attractive way of serving, but it is convenient and no more costly than commonplace methods of serving.

In the days of Madame de Staël the chafing dish was popular, but it is only recently that Americans have appreciated its possibilities.

Success with the chafing dish depends largely upon attention to details. Every article necessary to the construction of a recipe should be upon the tray, the cook should show confidence in herself, and be able to work rapidly. When making a dish that calls for a sauce, make it first, then add what is to go into it.

Wooden spoons are excellent to use as they do not become hot, do not scratch, and are noiseless.

Things are served directly from the chafing dish, so that all garnishing is avoided. There is a special charm about cooking at the table, it does away with any stiffness that might exist.

With two chafing dishes, a very creditable repast may be served. Men are not above cooking on a chafing dish, and to mix and make a good rarebit is an accomplishment not despised by either man or woman. In the following rules level measurements are called for and the rules are to be accurately obeyed for good results.

In hot weather the chafing dish is excellent for cooking vegetables. A housekeeper will find it saves gas, time, and strength, three very important items when the thermometer soars high.

The Welsh Rarebit

THE Welsh rarebit came to us from across the ocean; New York's famous chop-house made it popular, especially when served with a poached egg on top and called a "golden buck." It was distinctly a man's dish at first, but did not remain so long. Some one has said, "Blessed be the man who created the chafing dish," and so say all of us.

English Welsh Rarebit

THIS recipe calls for a delicious English breakfast biscuit on which to serve the rarebit. They are obtainable at all the large grocery stores.

Put in a chafing dish one tablespoonful of butter and when melted add a pound of soft American cheese, which has previously been cut into small pieces. Sprinkle over it salt, one-quarter saltspoonful cayenne pepper, and one-half teaspoonful of dry mustard. Stir constantly and add, a bit at a time, half a cupful of Bass's ale. At the very last add a teaspoonful of Waw Waw sauce. When the cheese is melted and creamy, serve at once. Milk may be used in place of ale, if desired, but will not give so good results.

Golden Buck

2 cupfuls grated cheese.
½ teaspoonful salt.
1 cupful milk.
¼ teaspoonful mustard.
⅛ teaspoonful paprika.
6 squares buttered toast.
6 poached eggs.

BOIL the milk in a granite saucepan; add the cheese, mustard, salt, and paprika; stir constantly until the cheese is melted. Have ready the toast; pour enough of the cheese over each piece to cover it; place a carefully poached egg on the top of each piece; dust lightly over with pepper and salt and serve immediately.

Algonquin Rarebit

MELT one tablespoonful butter, add two-thirds cupfuls hot milk and cook one minute. Add one pound cheese and stir until cheese is melted. Season with salt and paprika. Add one egg and serve.

English Monkey

1 cupful stale bread crumbs.
1 cupful of milk.
½ cupful fresh cheese cut in pieces.
1 tablespoonful butter.
1 egg.
Salt and paprika.

SOAK bread crumbs fifteen minutes in milk; melt butter in chafing dish and add cheese; when cheese has melted, add soaked crumbs, and egg, slightly beaten. Season, cook three minutes, and pour over toasted crackers.

School Girl's Rarebit

IN the blazer place one tablespoonful of butter or one butter ball, as prepared for use, add one-quarter teaspoonful of salt, the same amount of mustard, and a dash of cayenne. When these ingredients are well mixed, add one-half pound of mild, soft cheese cut in small pieces. Stir until the cheese is melted and then add one-half cupful of thin cream and one egg beaten together. Cook until slightly thickened and perfectly smooth, and serve on hot toast.

Chicago Welsh Rarebit

SELECT richest and best American cheese, the milder the better, as melting brings out strength. To make five rarebits, take one pound cheese, grate, and put in tin or porcelain-lined saucepan; add ale, old is best, enough to thin the cheese sufficiently, say about a wineglassful to each rarebit. Place over fire, stir until it is melted. Have slice of toast ready for each rarebit (crusts trimmed); put a slice on each plate, and pour cheese enough over each piece to cover it. Serve while hot.

Mexican Rarebit

MELT a tablespoonful of butter in a chafing dish. When well heated add a tablespoonful of Mexican pepper pulp, half-teaspoonful of mustard, and a little salt. To this add a half-pound of cheese, cut in small pieces. When the cheese is melted, stir in slowly three or four tablespoonfuls of milk, and then add one beaten egg. The mixture should be stirred constantly while cooking. When sufficiently thickened, serve on small squares of toasted bread.

Bacon and Eggs

MAKE the blazer hot, lay in a number of slices of breakfast bacon, cut thin. Let this fry lightly, draw it to the side of the blazer and break into the middle, one at a time, as many eggs as the pan will accommodate. They will cook quickly and may either be served directly to the guests or transferred with the bacon to a platter. The former method is the better.

Ham and Eggs

THESE may be cooked like the bacon and eggs, but ham must be selected that has a border of fat. If it is too lean the eggs are likely to stick to the pan.

Baked Beans with Cheese

MELT two tablespoonfuls of butter in the blazer, add one cupful of baked beans with some tomato juice, strained and thickened. Stir till smooth, then add one-half cupful of grated cheese; when it is melted serve on toast.

Corned Beef Hash with Peppers

REMOVE seeds from one green pepper, chop it; melt two tablespoonfuls of butter in the blazer, add one can of corned beef, chopped fine, with enough cream or stock to moisten.

Liver and Bacon

LAY thin slices of bacon in the blazer, and when it begins to fry, put in slices of lamb's or calf's liver, also cut thin. These should be rolled in flour before they go into the blazer. Turn the pieces often and cook until they are brown and tender. When they are done, take the meat out and stir into the fat left in the pan a tablespoonful of flour. Cook this a moment until it browns, add a cupful of boiling water, boil up once, and season with a teaspoonful of Worcestershire sauce, half as much kitchen bouquet, and pepper and salt. Put the meat back into the sauce, bring this once more to a boil, and serve.

Creamed Dried Beef

IN cooking for three people, use one-quarter of a pound of dried beef, one generous tablespoonful of butter, a gill and a half of milk, one level teaspoonful of flour, and a little pepper, if liked. Put the beef in a bowl and pour a pint of boiling water on it. Let it stand ten minutes, then drain well. Put the butter in the dish and place over the lighted lamp. When the butter is hot, add the beef and stir with a fork until the slices begin to curl. Now add one gill of the milk. Mix the remaining half-gill with the flour. When the milk begins to boil, stir in the flour and milk mixture. Continue stirring until this boils; then serve.

Hot Sardines

DRAIN the sardines from the oil in which they come and remove the skin. Heat a tablespoonful of butter, lay in the sardines, and turn from time to time until they are hot through. Serve on toast or biscuit.

Spanish Sardines

SELECT large sardines and try to keep them whole, as the dish looks prettier. To four tablespoonfuls of catsup add the same quantity of olive oil, a teaspoonful of Worcestershire

sauce, salt and paprika, and after this mixture is bubbling, lay the sardines in carefully and cook for five minutes, basting them frequently. Serve on slices of hot, buttered toast.

Herring Fillets for Dutch Suppers

SOAK well-washed Dutch herrings in milk for two or three hours, drain and dry. Separate into fillets, give a dash of lemon, cover with a buttered paper, and cook in a pan in the oven eight minutes. Meanwhile melt and blend a teaspoonful each of butter and flour, stir in half a cupful of milk, a teaspoonful of made mustard, two tablespoonfuls of fresh grated cheese, and same quantity of beer, and boil all up together. Have ready some fingers of fried bread, dusted with paprika and minced chives, place a fillet of herring on each, pour the above sauce over, and serve hot.

Sausages and Celery

PRICK small sausages several times, so that they will not burst in frying, lay them in the blazer, cover closely, and cook until crisp. Or, if there are cold cooked sausages in the house, they may be heated in the blazer in a little butter or bacon fat. In either case, add to the fat two tablespoonfuls of celery, cut up very small, and let this cook two or three minutes, so that it will be done through, but not cooked enough to lose the distinctive taste of fresh celery. This may be served on toast or crackers. It is also good served on shredded wheat biscuit.

Frankfurts in White Sauce

BOIL six sausages fifteen minutes. Cool, remove the skin, and cut in small pieces. Melt three tablespoonfuls butter, add three tablespoonfuls flour and three-fourths cupful each of milk and cream. Add the sausages, season with salt, pepper, and cayenne, and serve.

Cheese Soufflé

2 tablespoonfuls butter.
1½ tablespoonfuls flour.
½ cupful milk.
½ teaspoonful salt.
Few grains cayenne.
1 cupful chopped or grated cheese.

MELT butter, add flour, and when well mixed, gradually add scalded milk, add then salt, cayenne, and cheese; when cheese is melted, add yolks of eggs, well beaten; cool mixture and cut and fold in whites of eggs, beaten until stiff; steam over hot water for fifteen minutes, tightly covered.

Cheese Fondu

Two cupfuls of milk, with a pinch of soda stirred in; one cupful very dry, fine bread crumbs; one-half pound of dry cheese, grated; four eggs; tablespoonful melted butter; cayenne pepper and salt. Soak the crumbs in the milk, beat in the eggs, butter, and seasoning, lastly the cheese. Butter a pudding-dish, put in the mixture, put fine crumbs on top. Bake, covered, half an hour, then brown quickly. Serve immediately, as it falls in cooling.

Hot Cheese Sandwiches

HOT cheese sandwiches are particularly nice for Sunday evening tea and are a great favorite with men. Slice the bread very thin and cut it round with a large biscuit cutter. Put a thick layer of grated cheese between the two forms, sprinkle with salt and a dash of cayenne pepper, and press the round pieces of bread well together. Fry them to a delicate brown on each side, in equal parts of hot lard and butter, and serve very hot.

Cheese and Ham Sandwiches Sautéd

MIX boiled ham minced fine with grated cheese, spread between buttered slices of bread, dust with paprika, and soak

the sandwiches for a few minutes in one-half cupful of milk mixed with one egg yolk. Then *sauté* them in butter until a light brown, turning once.

Cheese Crusts

CUT thin slices of bread, fry them on one side in butter; drain and let get cool. Spread them on the unfried side with a mixture prepared as follows: Mix one tablespoonful of herring relish with one and one-half of butter; add a pinch of pepper and mustard and stir well to make a smooth paste. Put a thin slice of Swiss or American cheese between two slices.

Turkey à la Newburg

PRESS the yolks of four hard-boiled eggs through a sieve. Add to them one-quarter cupful of cream and mix to paste. Put one tablespoonful of butter and two of flour into the chafing dish. When melted add the egg paste and three-quarters cupful of cream. When smooth and thick put in one pint of cold turkey, a grating of nutmeg, one-quarter teaspoonful of salt, one-quarter of paprika, and when hot and ready to serve, four tablespoonfuls of sherry or Madeira.

Deviled Chicken

MELT one tablespoonful of butter and mix with one of flour. Add one-half cupful of stock and one-half of milk. When it thickens add the hard-boiled yolks of two eggs, one tablespoonful of chopped parsley, one-half teaspoonful of salt, one-quarter teaspoonful of pepper, and the cold boiled chicken.

Chicken with Green Peas

PUT into the dish one can of washed and drained peas, one cupful of cream, and one cupful of cold boiled chicken. When hot add one tablespoonful of butter, one-half teaspoonful of salt, and one-fourth of pepper.

Creamed Shrimps

Mix in the chafing dish the yolks of two eggs, one teaspoonful of anchovy sauce, half-cupful of cream. Put in half a pint of shrimps, let them get hot, not allowing the eggs to curdle. Use hot water dish. Serve on strips of toast.

Creamed Lobster

1 can lobster.
1 tablespoonful flour.
⅛ teaspoonful paprika.
1 pint cream.
2 tablespoonfuls butter.
½ teaspoonful salt.

Melt butter in chafing dish; add flour, stirring constantly. Add cream and let it cook until it begins to thicken. Season, add lobster, and heat slowly. Serve with brown bread or toast.

Shrimp Wiggle

½ teaspoonful salt.
4 tablespoonfuls butter.
1½ cupfuls milk.
2 tablespoonfuls flour.
⅛ teaspoonful paprika.
1 cupful shrimps.
1 cupful canned peas.

Melt butter and add flour, with salt and paprika, stirring constantly; then pour the milk on gradually as soon as sauce thickens. Add shrimps broken in pieces, and the peas drained from their liquor.

Shrimps à la Creole

1 pint shrimps.
1½ tablespoonfuls butter.
1½ tablespoonfuls flour.
½ teaspoonful salt.
Few grains cayenne.
1½ cupfuls strained tomato.
1 tablespoonful chopped onion.
1 bay leaf.

Fry onion in butter until yellow, add flour, and stir until smooth; pour on gradually the tomato and add bay leaf; then add shrimps, cleaned and broken in pieces; when the sauce has thickened and the shrimps heated, remove bay leaf and serve.

Devilled Crabs

Cut two cupfuls of crab meat into small pieces, and lay them for half an hour in a good French dressing. When ready to use, put into the chafing dish three tablespoonfuls of butter, one teaspoonful of lemon juice, one teaspoonful of mustard, half a teaspoonful of paprika, as much salt, and two tablespoonfuls of tomato catsup. Let all cook together until they come to a boil, turn in the crab meat, let it become smoking hot, and serve at once.

Lobster à la Newburg

Cook together in the double boiler of a chafing dish a half-pint of cream and the yolks of three eggs, until they thicken. Put in them the meat from one large or two small lobsters and when this is smoking hot, pour in a gill of sherry. Cook until the mixture is hot, season with a scant teaspoonful of salt and a couple of dashes of cayenne, and serve at once. A tablespoonful of good brandy may be added.

Lobster Wiggle

Into the chafing dish put two tablespoonfuls of butter and two tablespoonfuls of flour. Stir together till like a paste, add one cupful of cream or rich milk, half a teaspoonful of salt, a dash of paprika, one teaspoonful of lemon juice and chopped parsley. Beat till creamy with a whisk, add one and one-half cupfuls of lobster meat cut into small cubes. Cook for a few minutes with the lid on. Just before serving add half a can of French peas. Pour over fingers of buttered toast.

Spanish Eggs

Cook one tablespoonful finely chopped onion and two tablespoonfuls chopped pepper in two tablespoonfuls butter three minutes. Add three or four mushrooms broken in pieces and one cupful of tomato. When this mixture is hot add four beaten eggs, three-fourths teaspoonful of salt, a little cayenne, and one tablespoonful capers. Cook until the mixture thickens, stirring constantly.

Orange Omelet

Beat the yolks of five eggs until thick and lemon-colored, add the grated rind of one orange, five tablespoonfuls of orange juice, and five tablespoonfuls of powdered sugar, fold in the whites of the eggs, after beating them stiff, and a few grains of salt. Butter the chafing dish and cook the omelet over hot water for fifteen or twenty minutes.

Eggs à la Goldenrod

Put one tablespoonful butter in a chafing dish, and when bubbling add one tablespoonful flour, one-half teaspoonful salt, one-half saltspoonful pepper, and gradually one cupful milk. Add the whites of three hard-boiled eggs, chopped fine. When hot pour over three slices of toast. Rub the yolks through a strainer over all, and garnish with parsley.

Scrambled Eggs

For this dish use the hot water pan. Melt a tablespoonful of butter. Beat four eggs slightly, season with pepper, stir in a tablespoonful of cream, and pour into the hot butter. As the mixture cooks, scrape it up toward the centre of the pan, and when it grows soft and jelly-like, sprinkle with salt and serve immediately on toast or crisp crackers.

Chafing Dish Omelet

BEAT six eggs till frothy, add six tablespoonfuls of hot water, a little finely chopped parsley, and a dash of salt and pepper. Into the chafing dish put two tablespoonfuls of butter, allow it to melt, then pour in the egg mixture and shake lightly, not allowing the omelet to settle in any one spot till thickened all over. Then fold it, roll like a jelly cake, roll, and turn out on a hot platter. It may be transformed into a cheese omelet by dusting before it is rolled with grated cheese. It may also be made very savory by preparing in a second chafing dish a cupful of tomato sauce, which can be poured over the omelet.

Cuban Eggs

THIS recipe is for six persons. Use eight eggs, one teaspoonful of minced onion, four tablespoonfuls of sausage meat or minced bacon, one-half teaspoonful of salt, and one-eighth teaspoonful of pepper. Cook the meat and onion together five minutes; beat the eggs thoroughly and add the seasoning; pour in the eggs; stir till the eggs become thick and creamy; then pour over buttered toast and serve.

Creamed Chicken and Mushrooms

IN the blazer over the boiling water melt two tablespoonfuls of butter, and with it blend two tablespoonfuls of flour, one-fourth teaspoonful of salt, a little pepper, and one-eighth of a teaspoonful of celery salt; stir until smooth, then add very gradually one cupful of hot milk. When this cream sauce has become smooth and thickened, add two cupfuls of cold cooked chicken cut in dice, and one-half can of mushrooms cut in halves. Stir carefully until hot and serve on toast or in patty shells.

Creamed Sweetbreads and Mushrooms

THREE level teaspoonfuls of butter, two and one-half tablespoonfuls of flour (level), one cupful of milk, one pound of sweetbreads, parboiled and cut in small pieces, one-eighth

teaspoonful paprika, one teaspoonful chopped parsley, a heaping tablespoonful of chopped mushrooms, one-half tablespoonful of lemon juice, one-half teaspoonful salt, and two egg yolks — these to be added last.

Chicken Fillets with Almond Sauce

MELT two tablespoonfuls butter, and *sauté* two chicken fillets until a light-brown color. When done, draw to one side of the pan, and add to butter in the pan two tablespoonfuls of flour; then pour on one cupful each of cream and stock, as for a white sauce. When thick, add one-half cupful shredded almonds and season with salt and cayenne.

Oyster Pan Toast

1 dozen large oysters.
1 tablespoonful butter.
1 cupful oyster juice.
2 slices toast.
Salt and pepper.

MELT butter in the chafing dish. As it creams add oysters and juice. Season with salt and pepper. Cover and cook ten minutes. Serve on hot toast, moistened with oyster juice.

Scrambled Oysters

SCRAMBLE lightly two eggs to a person in the blazer in which is plenty of melted butter. Add a tablespoonful of cream for each person, salt and paprika and small Blue Point oysters well drained, about twenty-five for each person. Scramble these with the eggs until the edges curl, but no longer. They are not as delicate if cooked too long. Serve on slices of hot buttered toast which have been spread with anchovy sauce.

Oysters à la Providence

MELT two tablespoonfuls butter, then add four tablespoonfuls chopped mushrooms; cook two minutes, then add two tablespoonfuls flour and one pint of oysters. Cook until

the edges curl, add a few drops onion juice, a few drops tabasco, and one-half teaspoonful each of lemon juice and salt. Add one beaten egg, cook until it thickens, and serve on rounds of toast.

Creamed Oysters

Cook together in the pan a tablespoonful of butter with a heaping one of flour, and when these are blended add three-quarters of a cupful of mixed milk and oyster liquor. Stir in a smooth sauce, then stir in a cupful of milk to which has been added a pinch of baking soda. Stir until thick and smooth; drop in the oysters and season to taste. Cook until the oysters just begin to ruffle at the edges; stir in gradually one well-beaten egg and serve immediately.

Oysters à la Thorndike

Drain a pint of oysters and add them to two tablespoonfuls of melted butter. Cook in this till they grow plump, then add half a teaspoonful of salt, a dash of cayenne and nutmeg, four tablespoonfuls of cream, and the well-beaten yolks of two eggs. Serve on toasted crackers or bread.

Oysters for a Chafing Dish

Put in chafing dish a piece of butter the size of an egg, add a heaping teaspoonful of finely chopped onion, fry to a light yellow color, add three heaping tablespoonfuls of finely chopped celery and two cupfuls of oysters in their own liquid; boil until done, season to taste, then add three heaping tablespoonfuls of fresh bread crumbs, half a gill of cream, and half a teaspoonful of chopped parsley. Let come to a boil and serve. Enough for four.

Smothered Oysters

Put a tablespoonful of butter in the chafing dish with half a saltspoonful of white pepper, one teaspoonful of salt, and a dash of cayenne. Add a pint of drained oysters. Put the lid

on the chafing dish and cook for five minutes. Serve on toasted crackers. Fricasseed oysters may be prepared in this same way by adding half a cupful of cream, a teaspoonful of lemon juice, and one beaten egg.

Oysters and Eggs

BEAT up three eggs, and one tablespoonful of cream, and a seasoning of salt and pepper. Melt one tablespoonful of butter in the blazer. When it is hot, pour in egg mixture and stir. When it is just beginning to thicken add twelve oysters, and continue cooking the mixture till it is a soft, creamy mass. Serve as quickly as possible on toast. Enough for two.

Fried Oysters

TAKE as many oysters as wanted. Select large fresh ones and drain off the liquor. Dip each one separately in flour, then in egg beaten up, and lastly in cracker dust. Have the lard very hot and plenty of it. Fry the oysters five minutes or until they are a golden brown. Sprinkle a little salt on each one and serve very hot with sprigs of parsley over them.

Little Pigs in Baskets

FOR three persons, eighteen large, plump oysters and an equal number of slices of the best bacon. Wrap each oyster in a slice of the bacon, and fasten it with a wooden toothpick. Light the lamp, having the wicks rather high. In a few seconds put in as many "little pigs" as will lie flat on the bottom of the pan. Turn constantly with a fork until they are brown on both sides; serve at once on slices of toast.

Oysters Grilled

TAKE a pint of large oysters, pick them from the liquor and drain as dry as possible. Put them in well heated blazer and as fast as liquor drains from them remove it with a spoon. When the oysters are dry and plump they are ready to serve,

Before taking from the pan, dust with pepper and salt and add two tablespoonfuls of butter. Serve between saltine wafers sandwich fashion.

Oyster Stew for Two

PUT into the chafing dish two tablespoonfuls of butter and one tablespoonful of flour. Stir with a whisk till like a paste, then pour in one cupful of strained oyster liquor and four tablespoonfuls of cream. When it begins to boil add twenty oysters and a dust of paprika and salt. Put on the lid and allow the stew to cook for about five minutes. Then the edges will be curled up. Serve in bouillon cups with saltine wafers.

Oysters and Mushrooms

HEAT a pint of oysters in their own juice till they boil. Drain them and save the liquor, straining it through fine cheesecloth. In two tablespoonfuls of butter cook two tablespoonfuls of chopped mushrooms for five minutes, add two tablespoonfuls of flour wet to a paste in cold water, and the oyster juice; then cook three minutes. Last of all add the oysters, the yolk of an egg well beaten, half a teaspoonful of salt, half a teaspoonful of lemon juice, a touch of cayenne, and a tablespoonful of sherry wine. Serve on long narrow slices of toast.

Creamed Sweetbreads

PARBOIL one pair of sweetbreads. Melt one tablespoonful of butter and one of flour. Add three-quarters cupful of cream and one-quarter of chicken stock. When it boils add the sweetbreads, one-half teaspoonful of salt, and one-quarter of pepper.

Sweetbreads with Nuts

MAKE creamed sweetbreads and add to them twelve chopped almonds and twelve chopped English walnuts.

Bombay Toast

FOR three persons use four eggs, four slices of toast, one tablespoonful of anchovy paste, one tablespoonful of chopped capers, half a teaspoonful of salt, a grain of cayenne, and two generous tablespoonfuls of butter. Break the eggs into a bowl, and beat them well; add the salt, pepper, and capers. Put the butter in the upper pan of the chafing dish and place over the boiling water. As soon as the butter is melted, stir in the egg mixture and the anchovy paste. Stir until the mixture is a creamy mass, then remove at once from the hot water and continue stirring for half a minute. Spread on thin slices of toast; then cut these into squares and serve at once. This dish requires moderate heat; therefore, have the wicks of the lamp low.

Grilled Almonds

COVER the bottom of chafing dish blazer with olive oil. When hot put in the blanched nuts and stir gently until they are an even brown. Strain off the olive oil, to be used again, and place the nuts on soft brown or white paper. Sprinkle while hot with salt. The nuts will be dry and of delicious flavor. Two tablespoonfuls of oil is sufficient for a cupful of nuts.

Lyonnaise Chestnuts

SHELL a pint of fine, meaty chestnuts, blanch, and boil till they are soft. Drain, and drop them in a tablespoonful of hot butter in the blazer. Add a teaspoonful of finely minced onion, and brown quickly. Pepper and salt slightly, serve on hot plates with fingers of toast.

Stewed Lobster

CUT the meat of a live lobster into small squares. Simmer in butter, and add one cupful of cream sauce. Season with salt, pepper, Worcestershire sauce, and a little curry powder. Serve with slices of toast.

Shad Roe

Two tablespoonfuls of butter. Tablespoonful lemon juice. Yolks of two hard-boiled eggs. Cupful grated bread. Parsley, chopped. Pepper. Salt. Put the butter into the chafing dish. Add the roe, which has been boiled ten minutes in salted water, and break up lightly with a fork. Add the eggs, mashed fine, grated bread, parsley, pepper and salt. Stir constantly till mixed. Add lemon juice just before serving.

Shrimps à la Creole

Two ounces of butter, half of a small onion and a small clove of garlic, chopped very fine and thoroughly cooked; add a pint of shelled shrimps, either fresh or canned. Braise the shrimps in this preparation, adding half a pint of canned tomatoes and two tablespoonfuls of French peas. Season highly with salt and Chilli pepper. Cook ten minutes and serve.

Creamed Dried Beef

Use a quarter of a pound of dried beef, tender, crimson, and shaved very fine. Into the hot water pan put one tablespoonful of butter, let it melt, then add one and one-half tablespoonfuls of flour. Rub to a smooth paste, pour in one cupful of thin cream, add a dash of paprika, then the beef. Allow it to boil up, and then serve on rounds of toast.

German Toast

Slightly beat two eggs, add one-third teaspoonful of salt, one and a half tablespoonfuls of sugar, and two-thirds of a cupful of milk. Soak four slices of stale bread in the mixture until soft. Heat and brown delicately on both sides in a hot blazer, using enough butter to prevent burning.

Fried Smelts

SMELTS can be fried to perfection in the blazer. Clean them, wipe dry, season, and dip in flour or fine bread crumbs. Egg them, dip in crumbs again, and fry in plenty of hot butter. Serve with sauce tartare and Saratoga chips.

Finnan Haddie à la Delmonico

ONE-HALF pound of finnan haddie, picked up and braised in one ounce of butter, one cupful of cream, one hard-boiled egg cut into small squares, the yolk of one raw egg, and one teaspoonful of grated Edam cheese. Thicken with cream sauce, season to taste, and cook seven or eight minutes. Serve with small pieces of dry toast.

Mock Terrapin

MELT three tablespoonfuls of butter, add two tablespoonfuls flour, one-fourth teaspoonful salt, one-fourth saltspoonful pepper, a few grains of cayenne, and gradually one cupful milk. Add one and one-half cupfuls chicken or veal cut in dice, yolks of two hard-boiled eggs chopped fine, whites cut in large pieces. Cook three minutes. Add three tablespoonfuls wine, and serve.

Lamb Terrapin

THIS is a savory dish to serve when the *pièce de résistance* of a Sunday dinner has been a leg of lamb. Take slices of the meat which have been left, and cut into fine dice. Two cupfuls of these dice will be required for a party of eight. Make a sauce in the chafing dish, using two tablespoonfuls of butter, one tablespoonful of flour, one teaspoonful of mustard, one tablespoonful of currant jelly, one tablespoonful Worcestershire sauce, a dash of paprika and salt, one cupful of white stock, a quarter cupful of cream, and the yolks of three hard-boiled eggs, pressed through a potato ricer. Beat this with a

whisk till smooth, add the diced lamb, allow it to boil up, then sprinkle in the whites of the eggs cut fine, and two tablespoonfuls of sherry. Serve on slices of buttered brown bread toast. Fine on Sunday night for supper.

Shredded Ham with Currant Jelly

½ tablespoonful butter.
10 grains paprika.
½ cupful currant jelly.
¼ cupful sherry wine.
1 cupful cold cooked ham, cut in small strips.

MELT butter and currant jelly in the chafing dish; add paprika, wine, and ham. Simmer five minutes.

Devilled Tomatoes

PUT two tablespoonfuls of butter into the blazer, and, before lighting the flame, add to the butter half a teaspoonful of onion juice, ten drops of tabasco sauce or a pinch of red pepper, half a teaspoonful of dry mustard, a scant teaspoonful of sugar, a tablespoonful of vinegar, and a scant teaspoonful of salt. Light the flame, stir the sauce together until it is smooth, and lay in the tomatoes, sliced but not peeled. Cook until tender, and serve.

Tomatoes with Cream Sauce

FRY tomatoes as directed in the first recipe; take out the slices and keep warm in a covered dish while you add to the butter in the blazer a tablespoonful of flour, stirring this until it and the butter are a bubbling paste; add a half-pint of thin cream in which has been dropped a tiny pinch of baking soda. Stir until the sauce is thick and smooth, add a small teaspoonful of salt and a little white pepper. Lay the tomatoes back in the sauce, let it boil up once, and serve.

Spaghetti and Tomatoes

FOR this, one must have cold cooked spaghetti, which may easily be prepared at a time when there is a fire in the stove, or spaghetti which has been left over from another meal may be used. Make a tomato sauce in the blazer by cooking together a tablespoonful each of butter and flour until they bubble and pouring upon them a half-pint of tomato liquor to which has been added a half-teaspoonful of onion juice. As soon as the sauce is thick and smooth, lay in the spaghetti, which should have been cut into short lengths. Let this become hot through, and season it to taste with salt and pepper. Just before serving sprinkle over it a heaping tablespoonful of grated cheese. If Parmesan cheese is used the allowance may be a little less generous, but this full amount will be required of the ordinary dairy cheese. The pipe macaroni or even vermicelli may be used in place of the spaghetti.

Hashed Potatoes

CUT fat salt pork in small cubes, try out, and remove the scraps; there should be about one-third cupful of fat. Add two cupfuls of cold boiled potatoes, finely chopped, one-eighth teaspoonful of pepper, and salt if necessary. Mix the potatoes thoroughly with the fat; cook for four minutes, stirring constantly; then let stand until browned underneath.

Potatoes à la Lyonnaise

A GOOD bacon or beef dripping may be used instead of butter. Heat this in the blazer with a teaspoonful of onion sliced very thin. When the onion begins to brown, put in cold boiled potatoes, cut into dice or into small slices, and cook to a light brown. Sprinkle with salt and pepper and serve.

Potatoes Creamed

MAKE a cream sauce by cooking together in the blazer a tablespoonful of flour and two of butter until they bubble, and

pouring upon them a half-pint of milk. Have ready two cupfuls of cold boiled potatoes, cut into dice, put them into the sauce, and cook until they are heated through. Just before putting out the flame, season to taste with salt and pepper and add a teaspoonful of parsley, minced fine.

Curried Vegetables

HAVE previously prepared one cupful of boiled potato balls, one cupful of boiled carrots, cut in dice, one-half cupful of boiled turnips cut in dice, and one-half cupful of canned peas, rinsed and drained. Cook two slices of onion in three tablespoonfuls of butter for five minutes. Remove the onion and add three tablespoonfuls of flour, one teaspoonful each of curry powder and salt, one-fourth teaspoonful each of celery salt and pepper, and one and one-half cupfuls of milk. Stir until smooth, then re-heat the vegetables in the sauce.

Fried Peppers

SLICE green peppers lengthwise, removing the seeds. Melt a couple of tablespoonfuls of butter in the chafing dish, lay in the peppers, and fry until they are tender and lightly browned. Take out and serve as a relish with cold meat of any kind.

Macaroni and Mushrooms

HAVE the macaroni boiled, and a can of French "button" mushrooms opened. Make cream sauce on the chafing dish; when cooked add the macaroni and mushrooms, and season to taste. This is a most satisfactory dish.

Mutton Kidney Sautés

TAKE ten mutton kidneys, trim off all skin, and cut them in slices; put them in the blazer with one tablespoonful of butter; salt and pepper to taste. Keep stirring them and

let cook for ten minutes. Remove from the pan and into the fryings put a tablespoonful of water and a small wineglassful of sherry wine or Madeira. Pour this over the kidneys. Serve with toast cut in diamond shape and sprigs of parsley.

Frogs' Legs

FROGS' legs, gill of cream, three tablespoonfuls of butter, pepper, salt, two tablespoonfuls of flour. Put the butter in the chafing dish and stir in the flour until smooth, then add the cream. Season the frogs' legs with salt and pepper. Put them in the chafing dish. Cover, and cook about twenty minutes. If necessary, add a little more cream.

String Beans Lyonnaise

FRY a finely cut onion in three tablespoonfuls of butter in the blazer until a delicate brown. Then add one quart of string beans, with a dash of pepper, a grating of nutmeg, and salt to season. Turn them about frequently without breaking them up too much until they are all well heated through. One teaspoonful of chopped parsley, one tablespoonful of lemon juice, and one tablespoonful of butter put on in bits just before serving give a most pleasing flavor to this combination.

Roast Beef Sandwiches

MELT three tablespoonfuls of butter, add six tablespoonfuls of stock or gravy, and when hot put in six slices of roast beef, add one tablespoonful of chopped parsley, six drops of onion juice, one teaspoonful of Worcestershire sauce, salt and paprika. Butter small slices of bread, lay on the hot beef, cover with gravy, and serve very hot.

Chocolate Soufflé

MELT two ounces of chocolate, add one-half cupful of granulated sugar and four tablespoonfuls of hot water. Cook until smooth and glossy, add one-half cupful of cream and a

quarter of a cupful of milk, stirring constantly until it boils. Pour in the yolks of two eggs diluted with one tablespoonful of cream; when this is blended with the rest and thickened slightly, fold in the whites, beaten stiff. Cook this over hot water for ten minutes. Serve with whipped cream, sweetened and flavored to taste.

Fruit Canapés

THE materials are rounds of bread for toasting, whipped cream, and a fig paste made as follows: Stew a half-pound of figs, cut small, with a little water and a half-cupful of sugar, adding the juice and rind of half a lemon when nearly done. This preserve is cooled and ready for use at any time, as it keeps very well. Now for the toast. Beat two eggs with three-quarters of a cupful of milk, one-half teaspoonful of salt, and one and a half tablespoonfuls of sugar. Dip in the rounds of bread and *sauté* them in the blazer over direct heat, first making sure that the pan is well buttered and hot. On these daintily browned circles of French toast spread a spoonful of the fig paste and garnish with whipped cream, made by beating one cupful of thin cream and adding one-third of a cupful of powdered sugar and one-half teaspoonful of vanilla. Other preserves may be used, such as orange marmalade, pineapple, and canned peaches, but the figs are especially delicious.

Macaroon Pudding

SOAK twelve macaroons in sherry wine ten minutes and remove from the wine. Beat two eggs slightly, add five tablespoonfuls sugar, one-fourth teaspoonful salt, and one cupful each of milk and cream. Then add two tablespoonfuls blanched and chopped almonds, one-fourth teaspoonful almond extract, and four finely pounded macaroons. Turn this mixture into a chafing dish, arrange soaked macaroons on top, cover, and cook over hot water thirty minutes.

Fig Cups

½ pound washed figs.
½ cupful chopped salted almonds or peanuts.
3 tablespoonfuls sugar.
1 tablespoonful lemon juice.
½ cupful wine, sherry or claret.

STUFF the figs with the nuts; heat sugar, lemon juice, and wine in the chafing dish, add eggs; cover and cook until figs are tender; baste often; serve with lady-fingers.

Mince Pie

COOK one and one-half cupfuls chopped apple with one tablespoonful butter until soft. Add one-third cupful each molasses and cider, then add two-thirds cupful sugar mixed with one-fourth teaspoonful each of cinnamon, cloves, and nutmeg, and one-eighth teaspoonful of mace. Add juice and rind of one lemon, one tablespoonful of vinegar, one-half cupful cracker crumbs, one-half cupful currants, one-half cupful raisins, seeded and cut in pieces, one-third cupful citron, cut in strips, and salt to taste. Heat to boiling point, and add two tablespoonfuls each of brandy and sherry. Serve in patty shells.

Bananas

PARE and slice four bananas. Cook one-half cupful of water, one-quarter cupful of sugar, and the juice of half a lemon. When like a syrup, add the bananas, cook for three minutes, and serve.

Never-Failing Custard

ADD to one pint of milk the yolks of three eggs, three tablespoonfuls of sugar or maple sugar, and one teaspoonful of cornstarch. Cook until slightly thick, add the beaten whites of the eggs. Grated macaroons may be added, or the custard may be poured over stale cake. Grated chocolate should be put over the top.

Casserole Cooking

THE advent of the casserole has opened new resources to the thoughtful house mother. Continental nations have used the "little brown servant" for centuries, but we with all our newness have just awakened to its almost limitless possibilities. Food cooked in a casserole has a certain savoriness obtained by no other method of cooking. Owing to the long cooking in its own juices, meat is enhanced in flavor and vegetables retain a most delicate flavor. It is a convenient utensil which commends itself, and it is economical because it combines odds and ends that are often wasted, in a most delectable manner. In short, it is a short cut to French cookery. To serve casserole dishes at their best, the cover should not be removed till it is on the table. This keeps the food very hot. The recipes given are most excellent and have been selected very carefully.

Preparations for the Casserole

IN frying meat, preparatory to the casserole process, the iron skillet should be hot and the fat hissing hot, so that the meat may be well seared and the juices thus entirely retained. After the casserole is thoroughly hot and its contents cooking briskly in it, a moderate heat will complete the process. If the cooking is to be long continued, or if the cover is at all loose, it is a wise precaution to seal up the crack between the casserole and its cover with a strip of muslin spread with flour paste, in order to retain within the dish all the aroma of its contents.

How to Use the Casserole

THE casserole is all right in the oven, or on the side of the range, but over a gas burner it must be protected by an asbestos plate. This is most important with the stoneware ones. If the precaution is neglected, an ominous crack will appear shortly, succeeded by a leak, and that finishes the casserole.

Bacon or ham drippings, butter or salt pork are the best fats for the searing (in an iron skillet) which usually precedes the casserole process. A spoonful or two of kitchen bouquet is often a good addition to the measure of hot broth or water, which is added to keep the meats well moistened, and Spanish sweet peppers are better than peppers, or even paprika. They bestow a mildly peppery and altogether appetizing flavor upon a casserole dish, and once used, are an indispensable adjunct to it.

Birds en Casserole

SMALL birds, either whole or split, are excellent cooked by either of the methods just described A whole chicken, also, may be cooked by either method, but should be removed from the casserole when served, for convenience in carving. The sauce may then be strained to serve with it.

Casserole of Rice and Meat

LINE a brick-shaped mould, well greased, with steamed or boiled, well-seasoned rice, to the depth of one and one-half inches. Fill the centre with minced chicken, veal, or lamb prepared by the following method: To two cupfuls of finely minced cold meat, seasoned highly with salt, pepper, cayenne, celery salt, onion, and lemon juice, add one-half teaspoonful finely chopped parsley, four tablespoonfuls cracker meal or fine crumbs, one egg slightly beaten, and enough chicken or white stock or water to moisten mixture. Fill the centre of mould and cover meat mixture with rice. Cover rice with buttered paper to prevent moisture while steaming, falling on the meat. Cook in a steamer forty-five minutes, unmould on hot serving platter, sprinkle with paprika, and surround with sauce.

Irish Stew

A NECK of mutton is best for this purpose, cut into bits. Slice potatoes and onions, lay them in the bottom of the cas-

serole, then a layer of mutton. Season plentifully. Cover with another layer of potatoes and onions. Pour in water or stock. Cook without uncovering for three hours.

Louisiana Chicken

HEAT three tablespoonfuls of drippings in a skillet, and fry in it until light brown three sliced onions. Disjoint a large, tender chicken, roll it in flour, and fry it in the hot fat until brown. Place the chicken in a large heated casserole. Add to the fat in the skillet two tablespoonfuls of flour and stir it until smooth; then add slowly one pint of strained tomatoes, three or four minced green peppers, one-half a bay leaf, a sprig of parsley, minced, and a teaspoonful of salt. Cook five minutes and then pour over the chicken. Bake two hours.

Candied Sweet Potatoes

WITH a French cutter scoop balls from raw sweet potatoes; the potatoes should first be neatly pared. For a pint of balls, melt one-fourth a cupful of butter in a casserole; add one-fourth a cupful of maple syrup or sugar, and when very hot put in the balls and shake them over the fire until quite hot, then cover and let cook in the oven till tender. Baste frequently with the liquid in the dish; add salt before the cooking is completed. Irish potatoes may be done in the same way, omitting the sweetening.

Lamb Réchauffé, with Tomatoes and Rice

PLACE in the casserole two cupfuls of roast lamb, diced and free from fat and gristle. Add three cupfuls of hot lamb broth, one cupful of strained tomatoes, and one and one-half teaspoonfuls of salt, stir in two-thirds of a cupful of washed rice and a minced pimento, and bake forty minutes.

Chicken Réchauffé, en Casserole

PLACE in a small casserole a cupful of cooked string beans, half a cupful of diced celery, half a pimento, minced, a small

onion cut in slices, and half a minced carrot. Add one and one-half cupfuls of diced chicken and a teaspoonful of salt. Pour over all a cupful of chicken broth and half a cupful of strained tomatoes, add a little butter, and bake forty minutes.

Chicken, en Casserole

HEAT three tablespoonfuls of butter or drippings in a skillet, and fry in it until light brown, a thinly sliced onion. Disjoint a tender chicken weighing four or five pounds, roll the pieces in flour, and fry them in the fat in the skillet until they are a rich brown. Heat a large casserole in the oven and place in it a carrot cut in dice, a cupful of diced celery, and a minced pimento. Place the chicken neatly on top of these vegetables, pour over it a cupful and a half of thin soup stock or hot water, add a teaspoonful of salt, cover the dish tightly, and bake it in a moderate oven two hours.

A good variation upon this recipe is to omit the celery, to add half a bay leaf, and to put on top of the chicken when placed in the casserole a half-cupful of button mushrooms. Finally, add a cupful of hot water or stock.

Baked Veal Cutlets, en Casserole

LAY in a heated, buttered casserole one and one-half pounds of veal steak. Add one cupful of seasoned stock, then spread over the steak a dressing made of two cupfuls of bread crumbs, one onion chopped fine, a beaten egg, a tablespoonful of melted butter, a teaspoonful of salt, and a saltspoonful of pepper. Cover and cook half an hour in a hot oven, then uncover and brown. Serve with a sour jelly or with spiced gooseberries.

Veal Hearts, en Espagnole

VEAL hearts are both economical and savory. Properly cooked they taste much like venison. Fry four slices of bacon to a crisp, remove them from the skillet, and fry a small sliced onion in the hot fat. Trim and wash four veal hearts, slice

them, roll the pieces in flour, and fry them in the hot fat. Place the hearts in a heated casserole. Add to the fat in the pan a cupful of stock, half a minced pimento, a teaspoonful of salt, and half a bay leaf. Pour the mixture over the hearts and cook two hours. Five minutes before serving add the slices of bacon

Fish, aux Italiennes

Cook one-quarter of a pound of macaroni until tender, drain, and rinse it with cold water. Free a pint of cooked fish from bones and skin, flake it, and put half of it in a small casserole. Add half the macaroni, then a tablespoonful of melted butter and a tablespoonful of melted cheese. Sprinkle with a saltspoonful salt and a dash of cayenne. Add the remainder of the fish, then the rest of the macaroni; season as before. Bake twenty minutes, remove the cover of the casserole and brown the top, then serve.

Spiced Tongue, en Casserole

Boil a mildly cured tongue until it is tender, then trim and skin it. Next rub in a mixture of the following spices: one teaspoonful of allspice and one-half teaspoonful of ginger. Fry a small onion in butter in a skillet, then dredge the tongue in flour and fry it brown all over, in the same skillet. Place the tongue in a large heated casserole. Add one tablespoonful of flour to the fat in the skillet, then add a pint of warm water or weak stock, the juice of a lemon, and half a cupful of seeded raisins. Pour this sauce over the tongue and bake it half an hour.

Fireless Cookery

The fireless cooker has proven its worth. It is a boon to both country and city housekeepers, inasmuch as it is a time and money saver. Rules are given in detail so that a beginner may go and do likewise.

Chocolate, to be served late in the evening, may be made at six o'clock and kept hot in the fireless cooker.

All frozen desserts may be kept to perfection in the cooker packed in salt and crushed ice.

On cold nights, bread sponge may be kept in the fireless cooker free from draft, and rises nicely.

Butter and milk may be kept colder than in any ice chest by keeping ice in the cooker.

Boiled Ham

PUT a six-pound ham in a kettle at nine in the morning, cover with cold water, boil hard, and put in the cooker. At two take out the kettle, put the ham on the stove to boil fifteen minutes, add cloves, a bay leaf, and three peppercorns. At five-thirty take the ham out, put in a pan, sprinkle with bread crumbs, stick full of cloves, dust with sugar, and bake till brown, about half an hour.

Leg of Mutton

TRIM the leg well and put it in the big kettle of boiling water. Let it boil about ten minutes, then add one tablespoonful of salt and two or three peppercorns. If you like the flavor, a tiny piece of mace, or bay leaf, and two or three cloves may be added. Now put kettle in cooker. In five or six hours it should be ready to be served with caper sauce.

Corned Beef Tongue

A SLIGHTLY corned beef tongue may be cooked all day and night, then re-heated to serve for dinner at night. Skim carefully and use with a hot tomato sauce. While making the sauce, the tongue may be put in a hot oven and then sliced for serving.

Fricasseed Chicken

THE chicken is cut up and each piece sauted in a little butter. Then it is covered with boiling water and put into the large kettle of the cooker, and after it has boiled ten minutes it is put in the box. This should be done about twelve

o'clock for a six o'clock dinner. If the chicken seems at all tough it should be taken up at three or four o'clock and boiled on the stove ten or fifteen minutes, then returned to the box until dinner time. When ready to serve it is again put on the stove just long enough to thicken the gravy. The seasoning is put in at the second cooking.

Beef à la Mode

FIVE pounds of round of beef, larded. Cook this in a spider, searing it all over quickly in the fat from a quarter of a pound of pork cut in slices with two onions, one carrot cut in dice, four cloves, two peppercorns, and a bay leaf. Cook this ten minutes, then transfer the whole contents of the spider to the kettle, cover with three pints of boiling water; when boiling put on cover, and after five minutes put quickly into the cooker. At one or two o'clock take the kettle from box and let its contents boil on the stove fifteen or twenty minutes, adding one teaspoonful of salt and a dash of pepper. Return kettle to box, and fifteen minutes before dinner take meat out onto a hot platter and boil the gravy in the kettle, keeping the meat hot meanwhile. Now skim the fat from the gravy, strain it into a boat, and serve with the meat.

Veal or Mutton Stew

CUT the meat in pieces about two inches square; a few pieces of sausage are a good addition. Fill the pot three-quarters full of hot water seasoned with salt and pepper, a bay leaf, and Worcestershire sauce or kitchen bouquet. Let it simmer on the fire for twenty minutes, then pack it in the cooker and forget it for five or six hours, when it will be better cooked and more delicious than if cooked in the old way.

Small Roasts

SEAR the meat in a frying-pan until nicely browned all over, then place it in the tin pail with all the liquor in the frying-pan and cover tightly. Set the pail on the wire rest in the big

kettle and pour boiling water around it; do not let the water reach the cover level of the small pail. Put any desired vegetables around the small pail; cover the kettle and set over the fire. Let boil hard ten minutes, then remove quickly to the cooker and cover tightly. The vegetables cook in the water, which is practically boiling, and the meat within the pail cooks in a dry heat furnished by the hot water. But the cover of the pail must be tight or the meat will steam instead of roast.

Boston Brown Bread

MIX together in a bowl one cupful each of corn meal, flour and graham flour, one teaspoonful of salt, three-quarters of a cupful of molasses, and one and three-quarters cupfuls of milk, in which one teaspoonful of soda is dissolved. This can be put in the pail, and the pail, tightly covered, plunged into the kettle of boiling water. Let this boil ten minutes and then put in the cooker. Ours was put in at night and came out early in the morning, steamed and ready for its final half-hour in the oven, to insure a crust.

Corn Meal Mush

PUT three cupfuls of water and a teaspoonful of salt in the pail and, when water is boiling, sift in slowly one cupful of corn meal. Let this boil and thicken, then put it in the kettle of boiling water and leave over night in the cooker.

Cereals and Vegetables

ALL kinds of cereals and all vegetables that require slow cooking are better for being cooked in the cooker. Cereals should be cooked over night, and it is safe to follow the old rule: One-half cupful of the cereal poured into three cupfuls of boiling water with one teaspoonful of salt. This, if put in the cooker while boiling, will come out at breakfast time steaming hot and thoroughly cooked.

Rice

RICE is delicious, either as a vegetable or a dessert, if put in the small pail at two o'clock and taken out hot for dinner. The recipe for a small family is one-half cupful of rice, one-half teaspoonful of salt, and two cupfuls of boiling water.

Spiced Fruits

MAKE spiced vinegar syrup, put the fruit in it and let slowly heat through, then put all in the cooker for a couple of hours. Pack the fruit in jars, boil the syrup, pour over fruit, and seal. The result is that the fruit does not break and is perfectly cooked. This is especially good for peaches, pears, and plums.

Apple Sauce

COOK the apples, which have been peeled and quartered, with a very little water — one-fourth of a cupful to three cupfuls of apples — add one-half cupful of sugar and a sprinkling of nutmeg or cinnamon. This is left in the cooker but two hours, and it will come out with each piece of apple perfectly tender and yet not mushy.

Steamed Prunes

To steam the prunes let them soak in very little water for several hours, then drain them out, saving the water for the sauce. Put the prunes in the cooker, sprinkle with lemon juice and pieces of lemon, and steam about four hours or more. When ready to serve, add a very little sugar to the prune water, cook a few moments, and if to serve as a meat relish add a few drops of vinegar and pour over the prunes.

Cauliflower

To one cauliflower broken in pieces, add one teaspoonful of salt. Cover pail and let boil five minutes, then put the pail in the kettle of boiling water, put on cover, and let this boil five

minutes, then put it in the cooker. At the end of four hours, take it out, drain, dot with butter, sprinkle with salt and pepper, and serve hot.

Plum Pudding, Steamed

Mix one-half cupful of molasses, one cupful of milk, one tablespoonful of butter or two of chopped suet, one teaspoonful of cinnamon, one-half teaspoonful of cloves, one cupful of raisins, seeded and chopped, one-half cupful of currants, one-half cupful of citron cut in tiny shreds, one beaten egg, and one-half teaspoonful of soda. Mix all of these ingredients together, save a little of the milk and soda. Butter a mould, and add to the batter the soda dissolved in the milk. Beat well and fill mould. Set the mould in the basin which belongs to the wire basket in one of the cooker kettles. The kettle should be filled to within two inches of top of basin with boiling water. More water may be put inside the basin under the ring mould, or the pudding may be steamed in the basin without the mould. Put on cover and when briskly boiling put the kettle in cooker. This should be done about ten o'clock in the morning. At one o'clock, take out the kettle, re-heat, and when boiling again put it back into the box. At five or six o'clock take out the basin containing the pudding and put it into a hot oven until ready to serve. The pudding should bake at least a half-hour in a hot oven. Serve with a sauce made of two tablespoonfuls of butter, one-half cupful of powdered sugar, creamed; add one-quarter cupful of cream, whipped, a dusting of nutmeg, and one teaspoonful of vanilla or other flavoring.

Boston Baked Beans

Soak two cupfuls of small round beans in cold water from early morning until night. Then drain them, cover them with fresh water, and put them over the fire in the pail. Let them simmer slowly about half an hour. Pour off the water and prepare a quarter of a pound of salt pork. Scrape the pork, cut off one slice and put it in the beans, pushing it down to the

bottom of the pail. Score the remainder and put it in the middle of the beans, rind side up. Mix one teaspoonful of salt, one tablespoonful of molasses, one of sugar and a cupful of boiling water and pour this over the beans, adding enough more water to come to top of beans. Now cover the pail and let its contents just come to a boil, and then put the pail into the kettle of boiling water. Put on cover and let it boil ten minutes, then put the whole in box. In the morning re-heat on the range about ten minutes, return to the box, and about half-past five take out the pail, sprinkle one tablespoonful of brown sugar over both pork and beans, leave off the cover, and put the beans in the hot oven for half an hour. These are delicious prepared thus in the cooker.

XX.—INVALID COOKERY

ONE of the most difficult duties a housewife often has to meet is to provide a suitable and varied menu for an invalid or a convalescent.

These rules have been collected from many sources. If temptingly served on dainty china and linen, they will prove entirely satisfactory.

Beef Tea

CUT one pound of lean beef into small pieces; put into a glass jar without one drop of water; cover tightly and set in a pot of cold water; heat gradually to a boil, and continue this steadily for three or four hours, or until the meat is white and the juice all drawn out. Season with salt to taste, and when cold skim.

Beef and Egg Tea

ONE egg, one teaspoonful of beef extract, two saltspoonfuls of salt, one-half pint of water. Beat the egg and salt together, add the beef extract in the hot water. Stir well and serve hot.

Frozen Beef Tea

ONE pound of lean beef, mince, let it stand in one pint of cold water for two hours, one saltspoonful of salt. Freeze until well congealed, then add the slightly beaten white of one egg. This is refreshing when cold things are permitted.

Quick Beef Tea

ONE pound of finely chopped lean beef, put in a granite saucepan with one pint of cool water. Let it stand one-half hour. Then place over fire and bring slowly to a boil, boil five minutes, reduce the heat and keep hot for thirty minutes. Strain, season, and keep hot. A flavoring of sherry may be added if liked.

Beef Tea with Celery

MAKE as above, add the juice from two tablespoonfuls of chopped celery which has been cooked in two cupfuls of water.

Vermicelli Soup

1 pound of meat (beef, mutton, veal), alone or mixed with poultry cuttings.
1 ounce (2 tablespoonfuls) powdered gelatin.
1 ounce vermicelli.
3 pints of cold water.
Seasoning if allowed.

CUT up the meat and place with all the ingredients in a jar, soak for an hour, then simmer for several hours, stirring from time to time. Add the gelatin about five minutes before taking from the stove. Strain through a sieve. This may be given to an invalid, in the form of a jelly, or again may be taken up hot, with the addition of a little milk or cream, added at the time of serving.

Mutton Broth

TAKE lean parts of neck and loin, cut in small bits, remove all fat. To a pound of meat, allow one pint of cold water. Remove the scum. Boil gently for two hours, strain. A teaspoonful of pearl barley may be boiled with it.

Chicken Broth

A FOUR-POUND fowl, jointed, skin and fat removed. Break the bones with a potato masher, cover with two quarts of cold water, bring to a boil, and cook hard for five minutes, then simmer till it is thoroughly cooked. Drain the liquid, season slightly, pour into a bowl, and set on ice. It will jelly and may be served hot or cold. If hot, a variation is made by adding an egg yolk or a little cream.

Egg Cream and Sago Broth

ONE ounce of well washed sago, stew in one-half pint of water until soft, gradually evaporating the water down to about one-half. Beat up one egg with one-quarter pint of cream, and add to the sago, stirring well. Lastly, stir in one pint of good boiling beef tea.

Egg Broth

BEAT up an egg well, in a broth dish; when quite well frothed, stir into it one-half pint of good mutton broth quite hot; add a little salt and serve with toast.

Egg-Nog with Wine

ONE cupful of milk, one egg, one tablespoonful sugar, and two tablespoonfuls wine. Prepare by beating the egg and adding the sugar and wine. Then add the milk and beat with a Dover beater. Strain into a tall slender glass and serve.

Egg-Nog with Brandy

ONE egg, one tablespoonful sugar, pinch salt, one tablespoonful brandy, one cupful milk. Prepare by separating the egg, beating both the yolk and white. Add the sugar and salt to the yolk. Then add the brandy and milk. Lastly add the white of the egg. Mix thoroughly. Strain into a tall thin glass and put a pinch of nutmeg on top.

Milk Punch

SWEETEN the milk, add two tablespoonfuls of brandy to each cup, stir well, and serve with shaved ice.

Egg Cream

BEAT one egg light in a glass with one teaspoonful of sugar, a tablespoonful of whiskey, a little nutmeg, and fill half full with cream or new unskimmed milk.

Wine of Cocoa

ONE heaping teaspoonful cocoa, one teaspoonful sugar, three tablespoonfuls best port wine, and one cupful boiling water. Mix the sugar, cocoa, and water. Boil until thoroughly blended, then add the wine and serve hot.

Foaming Milk

ONE egg white, pinch salt, teaspoonful sugar, cupful hot milk, tablespoonful whipped cream. Add the salt to the egg white and beat until stiff. Then add the sugar and hot milk. Strain into tall tumbler and place the whipped cream on top.

Hot Orange Juice

FOR a change, try orange juice heated, slightly sweetened, and strained; serve in a little glass tumbler.

Kumyss

TAKE seven pints of milk, three pints of tepid water, one-half of a cake of yeast, and thirty lumps of loaf sugar; dissolve the yeast in part of the tepid water, dissolve sugar in the rest, when both are thoroughly dissolved, mix all the ingredients and let stand over night. In the morning, strain and place in bottles; bottles must be tightly corked and fastened. Let stand for two or three days before using. A little less sugar could be used, if too sweet.

Barley Water

PUT two ounces of pearl barley into half a pint of boiling water and let it simmer a few minutes. Drain off and add two quarts of boiling water with a few figs and stoned raisins cut fine. Boil slowly until reduced about one-half and strain. Sweeten to taste, adding the juice of a lemon and nutmeg if desired.

Toast Water

BROWN nicely, but do not burn, some slices of bread, and pour upon them sufficient boiling water to cover. Let them

steep until cold, keeping the bowl or dish containing the toast closely covered. Strain off the water and sweeten to taste, putting a piece of ice into it when served.

Flaxseed Lemonade

POUR on four tablespoonfuls of whole flaxseed one quart of boiling water and add the juice of two lemons. Let it steep for three hours, keeping it closely covered. Sweeten to taste. Excellent for colds.

Rice Water

TWO tablespoonfuls of rice, well-washed, add two cupfuls of cold water, boil till tender, strain. Add extract of beef or cream as desired for a laxative condition. An inch piece of stick cinnamon may be added to the boiling rice.

Dropped Egg on Toast

TOAST a slice of bread till a nice brown. Pour over a little cream dressing. Drop an egg in a skillet of boiling water. When the white is set, place on the toast, salt slightly, put on the egg a little bit of butter, and serve.

Baked Milk

PUT the milk in a jar, covering the opening with white paper, and bake in a moderate oven until thick as cream. May be taken by the most delicate stomach.

Arrowroot

USE milk or water as preferred. Put a heaping teaspoonful of ground arrowroot into a cup and mix with a little cold milk. Stir into a pan containing a pint of either cream or water that has been brought to a boil, adding a little salt. Let it simmer for a few minutes and then pour out. May be sweetened or flavored with grated nutmeg if desired. Should be made only as it is wanted.

Oatmeal Gruel

ONE quart of boiling water, four tablespoonfuls of oatmeal, one-half teaspoonful of salt. Put the water in a double

boiler, when it boils stir in the oatmeal, let it simmer for two hours, then add the salt and boil for five minutes. Strain or not, according to the taste of the patient, or his needs.

Indian Meal Milk Porridge

ONE tablespoonful of Indian meal, one tablespoonful of flour, wet to a paste with cold water, add two cupfuls of boiling water, cook half an hour, then add two cupfuls of milk, a pinch of salt, cook fifteen minutes, stirring often. Serve hot with sugar and cream.

Barley Gruel

RUB one tablespoonful of prepared barley flour, Robinson's is good, to a suitable paste with cold water, stir in one cupful of boiling water or milk, simmer ten minutes, then season with salt; serve hot.

Egg Gruel

HEAT one cupful of milk to boiling. Stir in one well-beaten egg mixed with one cupful of cold milk. Stir constantly until thickened, but do not boil. Season with salt and serve hot.

Individual Custard

BEAT one egg, sweeten and pour into a teacup or tiny bowl. fill up with milk, mixing thoroughly, tie a bit of linen over the cup or cover closely with a saucer, set in a pan of water, cook until set, about ten minutes.

Wine Gelatin

ONE-HALF package of gelatin soaked in one-quarter of a cupful of cold water for thirty minutes. Add one tablespoonful of sugar, one cupful of boiling water, strain. Add one-half a cupful of sherry wine, the juice of one lemon. Pour into glasses or moulds, set on the ice to harden. Serve very cold.

XXI.—SCHOOL AND PICNIC LUNCHES

ONE long skilled in the management of school and picnic lunches gives these few concise directions:

There is scarcely anything in flesh, fish, fowl, fruit, or vegetable, which is not convertible into a sandwich filling. Pie is not a picnic commodity, but tarts are. Never take a layer cake, it does not carry well. Small cakes, loaf cakes, sponge, angel, and sunshine cake are all acceptable.

Salads may be carried in glass jars, and for individual school lunches the porcelain cheese jars, such as are used for McLaren's cheese, will be found very convenient. These jars, the ten and fifteen cent sizes, will be found invaluable adjuncts for individual preserves, jellies, etc., for if lost or broken, no one cares.

Mayonnaise should be carried separately, and the salad mixed just before serving. Beverages of all kinds should be carried in preserve jars.

A covered tin pail is excellent for packing sandwiches. Spread a damp napkin on top, then put on the cover.

In planning a picnic it is best to have one person or two bring sandwiches, one salad, another the beverages, still another the cakes, etc. This makes it easy for each person, and the articles carry better. Another plan is to have one person prepare for two.

Mothers who have daily lunches to prepare say that they are often at their wit's end to provide changes, so we give a number of carefully selected combinations which are also splendid for picnics, the quantity being doubled for two persons. Always wrap sandwiches and small cakes in waxed paper. In the new "Thermos" bottles, it is an easy matter to carry both hot and cold beverages for lunches.

What to Put up for Lunches

Thin slices of cold roast beef.
Salad rolls.
Rice pudding.

Four slices of well-buttered white bread, filled with slices of cold chicken, seasoned with salt and pepper.
Small pot of jam.
Water crackers.

Four slices of well-buttered bread, filled with finely chopped ham seasoned with a little mustard and pepper.
Small tumbler of pepper sauce.
Large slice of peach cake, made with canned peaches.

Moulded farina cream.
Chicken sandwiches.
Stewed apples.
Ginger cakes.

Baked bean sandwiches.
Boston brown bread and butter.
Blanc mange.

Four well-buttered slices of graham bread, filled with a mixture of chopped chicken and pecan nuts, seasoned with salt and pepper and a little onion.
Centre of a stalk of celery.
Two apples.

Thin slices of bread and butter filled with a thin layer of carefully broiled herring.
Tumbler of chopped cabbage, seasoned with onion, salt, and pepper.
Swiss cheese sandwich.

Cold ox tongue, sliced thin.
Brown bread and butter sandwiches.
Olives.
Baked apples.
Sand cakes.

Stuffed eggs.
Bread and butter sandwiches.
Nuts and fruit moulded in lemon jelly.

Four slices of well-buttered rye bread, filled with chopped, cold corned beef, seasoned with horseradish.
Saucer of stewed prunes.
Cinnamon bun.

Small pot of baked beans, cold.
Tiny bottle of tomato catsup.
Four slices of brown bread, well buttered.
Baked apple.
Slice of gingerbread.

Four slices of well-buttered bread, filled with a thick layer of chopped, boiled beef, seasoned with horseradish and pepper.
Two bananas.

Cold broiled mutton chops, nicely seasoned, wrapped in waxed paper.
One bread and butter sandwich.
Small pot of pepper hash.
Two slices of bread and butter, with thick filling of jam or jelly.

Two white bread and butter sandwiches well-buttered, and filled with finely seasoned, cold, roast beef.
Quarter-pound of dates stuffed with peanuts.

Chicken salad.
Lettuce sandwiches.
Fruit jelly.
Chocolate drop cakes.

Roast fowl in aspic jelly.
Lettuce with mayonnaise dressing.
Nut sandwiches.
Honey cakes.

Chicken sandwiches.
Celery.
Olives.
Baked custard.
Little sponge cakes.

Four slices of whole wheat bread, well-buttered, filled with slices of hard-boiled eggs, seasoned with salt and pepper.
Two oranges.

Two slices of well-buttered bread, filled with a thick layer of chopped, lean beefsteak, seasoned with salt and pepper.
A cup of potato salad.
Square of apple cake.

Four slices of well-buttered white bread, filled with a thick filling of broiled salmon.
The best of a bunch of celery.
A cottage cheese sandwich.

Thin slices of turkey or chicken.
Cranberry jelly.
Cheese and nut sandwiches.
Cup cakes.

Sausage sandwiches.
Potato salad.
Apple sauce.
Molasses cookies.

Slices of beef loaf.
Whole wheat bread, buttered.
Baked banana.
Tiny angel food.

XXII.—CANDY AND CONFECTIONS

THE basis for all bon-bons is a fondant made by adhering strictly to the rules we shall give, or from an uncooked French cream, which is satisfactory when time is at a premium, or if it should be a rainy day, for it has been disastrously proven that no candy mixture is a success on a damp day.

Fondant

Two cupfuls of granulated sugar, two-thirds of a cupful of hot water, and one-third of a teaspoonful of cream of tartar. Place on the back of the stove and stir until thoroughly dissolved. Take a damp cloth and carefully wash away all grains from the side of the pan. Boil over a quick fire until a little tried in cold water forms a soft ball. Remove the mixture from the fire and let it stand until partly cool. Then beat until a creamy substance resembling lard has been formed. When the mixture is too stiff to beat longer, knead with the fingers for several minutes. Pack the fondant away in an earthen dish and cover with wax paper. If the fondant should be grainy after beating, add more water, dissolve, and cook as before. Care should be used not to jar the pan while the mixture is cooking.

French Cream

THE white of one egg. An equal quantity of cold water. Stir in confectioners' sugar until stiff enough to make into shape with the fingers. For walnut creams, make the French cream into balls about the size of walnuts, press upon each a walnut carefully picked from the shell, making balls flat on top and bottom. For nut creams, chop almonds, hickory nuts, or walnuts fine. Make the French cream and before adding all of the sugar, while cream is quite soft stir into it

the nuts, then form into balls, bars, or squares. Three or four kinds of nuts may be mixed together. Dates may be stuffed with this mixture, and any number of fruit combinations can be made. Roll bits of cream into balls, then dip in plain hot melted chocolate for chocolate creams.

Sweet Chocolate Coating

MELT over hot water a piece of plain cream fondant about the size of two eggs, and a tablespoonful of bitter chocolate, adding a teaspoonful or more of hot water until right consistency. Keep water under pot boiling hot and dip creams. This makes the coating sweet and shiny, and dries in a short time.

Chocolate Penochie Walnuts

DIP walnut meat halves in melted chocolate as described in the preceding recipe, and set aside until the chocolate has become hard. Into a saucepan put one cupful of light brown sugar, one-half cupful of rich cream, and the same amount of maple syrup. Put over the fire and stir constantly until it comes to a boil to prevent curdling. Let it boil until it will make a soft ball when tested in cold water. Remove from the fire and beat to a soft cream. Take small portions of the cream and use it to join two halves together, having the filling at least an eighth of an inch thick. The work of filling must be done quickly, and the cream must be beaten to just the right degree. If beaten too long the filling will be hard and crumbly. It must be kept in a warm place while using it.

Chocolate Cocoanut Balls

COOK two cupfuls of granulated sugar and one cupful of thin cream until the syrup will form a soft ball when dropped into water. Add one cupful of freshly grated cocoanut; stir until creamy and form in small balls. Melt one-eighth of a pound of unsweetened chocolate over hot water, adding to it

one tablespoonful of thin sugar syrup. Add one cupful of fondant to the mixture, and stir over hot water until of a creamy consistency; dip the cocoanut balls in this.

Chocolate Almonds

USE for these the regular confectioners' chocolate if you can get it. Melt the desired amount of chocolate by putting it into a small bowl or pan and placing that in a larger bowl or pan of boiling water. When the chocolate is thoroughly melted, dip the almond-meat into it and drop with a fork on paraffin paper. It will take some time for the chocolate to harden, and for that reason they should be made twenty-four hours before using.

Chocolate Bon-bons

PUT through the food chopper a few stewed prunes and a handful each of candied cherries and pecan nuts. Into this mixture work powdered sugar until a stiff paste has been formed. Flavor slightly with almond. Mould into small square blocks and put away to harden for three hours, then dip in chocolate melted over hot water. Use a two-tined fork or a hatpin for dipping. Lay on brown paper and set in a cold place till ready to use.

Plain Fudge

PLAIN fudge is the basis of all other varieties and should be mastered first. This is an unfailing rule: Two cupfuls of granulated sugar, one-half cupful of milk, a piece of butter size of an English walnut, two teaspoonfuls of vanilla. Put milk, butter, and sugar in a granite saucepan, cook briskly until the mixture "balls" in the fingers when dropped in ice water. Stir slowly. Add the flavoring when taken off the fire, beat steadily until thick, add nuts, marshmallows, or candied fruit. Pour into greased pans, mark into squares.

Chocolate fudge is made by adding a square of chocolate while cooking; and maple fudge, by using brown instead of white sugar.

Fairy Fudge

ONE pound granulated sugar, one-half cupful cream, two tablespoonfuls butter, one-half pound marshmallows, one teaspoonful almond extract, and one cupful of almonds, blanched and cut in thin strips. Place the sugar, cream, and butter in a saucepan and cook to the medium ball stage. Remove from the fire and add the marshmallows cut in pieces. Cover closely and let stand until the marshmallows are melted, then add the extract and almonds and beat until it begins to thicken. Pour into a shallow, greased pan, and when cold cut in squares.

Opera Fudge

THREE cupfuls sugar, three-fourths cupful water, one cupful strained honey, whites two eggs, one-half teaspoonful cream tartar, one teaspoonful almond extract, one cupful blanched almonds, roasted and coarsely chopped. Place the sugar, water, and honey in a saucepan, and boil until it will spin a stiff thread, let stand to cool five minutes. Beat the eggs to a froth, then add the cream of tartar, and beat until stiff. Then pour the cooled syrup on the eggs, beating all the time. Beat until it begins to stiffen, then add the almonds and extract. Pour into an oiled jelly-cake tin, and when cold cut into squares.

Maple Puffs

ONE pound maple sugar, one pound brown sugar, one teaspoonful cream of tartar, one cupful of water, whites of three eggs, two cupfuls coarsely chopped English walnuts, one cupful candied cherries cut fine, one-fourth cupful candied orange peel. Place the sugars, water, and cream of tartar in a saucepan and cook to the firm ball stage. Beat the whites of the eggs until stiff. When the syrup is cooked remove from the

fire, and let stand five minutes, then pour it slowly over the eggs, beating all the time, using a wire egg beater. When the mixture begins to thicken add the other ingredients and beat until the mixture will hold its shape. Then shape in egg-shape puffs on paraffin paper and let them stand until cool.

Sublimated Penochi

TAKE two cupfuls of "C" sugar and one cupful each of maple syrup and rich cream, put all together in a heavy porcelain lined saucepan, set on the stove and stir constantly, to prevent curdling, until the boiling point is reached. After that stir only occasionally until it begins to thicken, when it must be stirred often to prevent its burning. Let it boil until a little dropped in cold water will make a soft ball. Remove from the fire and beat vigorously, until the mass begins to cream, then add the chopped meats from two pounds of English walnuts and stir till quite thick. Pour into buttered plates and mark into squares. This makes a most delectable confection.

Peanut Brittle

ONE cupful white sugar. One cupful peanuts, chopped. Put the sugar into a smoking-hot iron frying-pan, no water. Stir and stir until dissolved, add the peanuts and turn immediately into a buttered tin. Cut into squares.

Brown Sugar Candy

TWO and one-half cupfuls dark-brown sugar. One-half cupful milk or cream, a little butter, one-half cupful chopped walnuts. When done, beat until creamy after taking from fire.

Chocolate Candy

ONE cupful sugar. One-half cupful molasses. One-half cupful milk. One-half cupful butter. One-quarter cake chocolate. Boil twenty minutes. Pour into pans to cool. Mark in squares.

Maple Creams

TAKE one-half as much water as maple sugar. Cook without stirring, and when almost done put in a small piece of butter. When it begins to harden take it off the fire and stir rapidly until it becomes a waxy substance. Then divide into balls, and if you wish, enclose each ball between two halves of English walnuts. Set to cool.

New York Butterscotch

ONE cupful of molasses, one cupful of sugar, one and one-half cupfuls of butter; boil until it quickly crisps when dropped into cold water. Pour out in a large buttered tin, and when nearly cool mark off into squares. The fact that so much butter is used gives it a particularly delicious flavor.

Walnut Molasses Candy

PUT into a large saucepan one pint of New Orleans molasses, one cupful of brown or maple sugar, one tablespoonful of butter, one tablespoonful of vinegar. Mix and stir until they boil. Boil slowly until the syrup hardens when dropped into ice water. Take from the fire and pour it over black walnuts that have been put in a greased shallow pan. When partly cooled cut into bars.

Nut Crackle

COVER the bottom of a greased shallow pan thickly with mixed nuts — almonds, pecans, English walnuts, and peanuts. Put one pound of granulated sugar into a saucepan over the fire and stir until it is melted, being careful not to allow it to burn. Pour at once over the nuts and stand aside to cool.

Corn Caramels

ONE cupful corn syrup, one cupful milk, two cupfuls sugar, one-half cupful chopped filberts, butter size of walnut. Boil

the syrup, milk, and sugar until it hardens on a spoon, then take from fire and stir until cold, adding the chopped nuts. Pour on buttered platters.

Cocoanut Fudge

THREE pounds white sugar, one pint milk, butter size of an egg, one cocoanut grated fine, or desiccated cocoanut may be used; two teaspoonfuls lemon. Boil slowly until stiff, thin to a cream, pour into shallow pans, and when partly cold cut in squares.

Marshmallow Candy

THREE cupfuls of light brown sugar and one-half cupful of milk. Boil slowly, but do not stir. Boil until it forms a soft ball in cold water. Remove from the fire and beat in one-half pound of marshmallows and one cupful of coarsely chopped English walnuts. Beat until thick and creamy, spread in a buttered tin and mark in squares before cold.

Coffee Caramels

IN an agate saucepan put one pound of brown sugar, one cupful of strong coffee, one tablespoonful of butter, and one-half of a cupful of cream. Boil together without stirring until a little dropped into cold water is quite brittle. Pour into greased pans and when cooled mark off in squares with a knife. If desired grainy, stir for a moment until the candy looks cloudy, then pour out quickly.

Honey Candy

ONE pint of white sugar, water enough to dissolve it, and four tablespoonfuls of honey; boil until it becomes brittle on being dropped into cold water; pull when cooling.

Molasses Candy

ONE cupful molasses. Two cupfuls sugar. One tablespoonful vinegar. Vanilla. Small piece butter. Boil ten minutes, then cool enough to pull.

Cream Candy

Two cupfuls sugar. One-half cupful vinegar. One-half cupful water. Boil until crisp in water, and pull. Flavor with vanilla, lemon, or strawberry.

Molasses Fudge

One cupful milk. Two cupfuls sugar. One cupful molasses. Two squares chocolate. Butter size of an egg. Vanilla. Cook until crisp. Beat until it sugars.

Honey Candy

One quart honey, one small teacupful of granulated sugar, butter size of an egg, two tablespoonfuls strong vinegar. Boil until it will harden when dropped into cold water, then stir in one small teaspoonful of baking soda. Pour into buttered plates to cool. Without the vinegar and soda it can be pulled or worked a long time, and is just the thing for an old-fashioned candy-pull, as it is not sticky and yet is soft enough to pull nicely.

Honey Popcorn Balls

Take one pint extracted honey, put it into an iron frying-pan and boil until very thick, then stir in freshly popped corn, and when cool mould into balls. These will especially delight the children.

Russian Taffy

Three cupfuls light-brown sugar, one-half cupful condensed cream, butter size large walnut. Boil until it will form a soft ball in cold water. Nuts can be added. When done, pour into buttered pans; cut into squares when cold.

Sugared Popcorn

Put into an iron kettle one tablespoonful of butter, three tablespoonfuls of water, and one cupful of white sugar; boil until ready to candy, then throw in three quarts of nicely

popped corn; stir vigorously until the sugar is evenly distributed over the corn; take the kettle from the fire and stir until it cools a little; in this way each kernel is kept separate and coated with the sugar.

Sponge Candy

ONE cupful of table syrup. One cupful of granulated sugar. Let boil until it cracks when dropped in cold water. Take two teaspoonfuls of baking soda, rubbed smooth, stir soda quickly into candy. After removing candy from fire, when thick, turn out on buttered platter and let cool.

Fluffy Ruffles Candy

TWO cupfuls of granulated sugar, one-half cupful of glucose, and one-half cupful of water. Mix together and boil until it will crack when put in cold water. Have the whites of two eggs beaten stiff, and pour the boiling syrup into them. Beat hard until the mixture is very stiff, but not too stiff to pour. Just before pouring into the pan beat in three-quarters of a cupful of shelled and chopped English walnuts. Have the pan buttered, and if the mixture does not spread easily, press out flat with the spoon. Mark in squares while soft.

Peppermint Patties

ADD half a pint of water to one pound of granulated sugar, stir until the sugar is dissolved; add six drops of the best oil of peppermint, and boil for five minutes. Take from the fire, stir just enough to make the syrup slightly cloudy. Pour at once into tiny greased patty-pans. To have peppermint drops just right, pour the mixture quickly; do not dip it out, or the whole mass will granulate and harden.

Orange Sections Glacé

SELECT ripe oranges; peel them and divide in sections, being careful not to break the membrane. Place the sections in a warm place for several hours, until the outside is dry.

Boil one pound of granulated sugar and one cupful of water without stirring, until a little, when dropped in cold water, will snap. Remove the syrup from the fire and set the pan in another containing hot water. Drop the fruit sections one by one into the hot syrup, remove them with an oiled fork, and lay them on oiled paper or a plate. A second dipping after the first coat hardens greatly improves the appearance of the fruit. Work rapidly and do not disturb the syrup more than is necessary. Canned cherries and pineapple wedges can be prepared in the same way. Drain and dry them thoroughly before dipping. Be careful not to pierce the fruit.

Cream Raisins

PUT into a saucepan one and one-half cupfuls of granulated sugar, three-quarters of a cupful of thin cream and one teaspoonful of butter. Cook until very thick, which will take about ten minutes, set aside to cool slightly. While the cream is cooling rub large, plump raisins between the thumb and finger until the seeds are freed from the pulp, cut a gash in the side of each, and with a sharp-pointed knife remove the seeds. Add half a cupful of chopped nut meats to the sugar paste, which should be not quite lukewarm, and beat it to a cream. Fill one-half of the raisins with a tiny "bean" of cream and enclose each in another raisin to cover the opening, then dust them with confectioners' sugar.

Stuffed Prunes

TAKE fine large prunes, soak over night in sherry, remove the pit, insert half a Brazil nut or any preferred nut, and half a marshmallow; roll in sugar.

Candied Fruit

SELECT any firm, rather underripe fruit,—pineapple, grapes, peaches, small pears, plums, cherries, apricots, etc. Make a syrup of two cupfuls of water and two cupfuls of granulated

sugar. Cook the fruit slowly in this until it can be pierced with a straw. Lay fruit in a sieve to drain, a single layer at a time. Dry carefully, sift lightly with powdered sugar, and lay on a plate in a warm oven until thoroughly dry.

Chestnut Glacé

THE familiar chestnut *glacé* is made by boiling two cupfuls of sugar, one cupful of water, and a pinch of cream of tartar to the caramel stage; that is, until it takes on a slight amber tinge. Dip the whole nuts, already shelled and blanched, into the hot syrup, using for the purpose a hat pin or a very sharp wooden skewer. Put on a paraffin paper to dry.

Orange Strips

CUT orange peel into strips with scissors. Place in cold water and boil twenty minutes. Change water, boil twenty minutes. Change water again and boil twenty minutes, making three boilings. To a cupful of orange add a cupful of sugar. Water to cover, boil till it hairs. Roll in granulated sugar. Place on platter to dry. Serve with sugar tongs.

Stuffed Dates

TAKE large, fresh dates, removing the stones, laying in the cavity a quarter of a large walnut, or a small blanched almond. Roll the dates so prepared in powdered sugar. Candied ginger and halves of marshmallows make a good filling for dates.

Stuffed Figs

GET large, plump, preserved figs. Split in two with a sharp knife. Have walnuts, almonds, Brazil nuts, hazelnuts, or any preferred variety, chopped fine. Two or three different kinds can be used together. Lay half a teaspoonful on the meaty side of the half-fig. Fold the fig over the nuts, and roll in powdered sugar.

Stuffed Raisins

USE large fat raisins and small blanched almonds, remove seeds, insert nut, roll in sugar.

Salted Peanuts

TAKE the raw nuts and remove the shell and brown inner covering. Melt a tablespoonful of good butter in an agateware pan, or pie plate. The nuts should just cover the bottom of the plate, Sprinkle with salt, and place in a moderate oven. Watch carefully, stirring the nuts from time to time, so that all parts of them will come in contact with the butter and salt. When lightly browned and crisped on the outside they are done.

Mexican Candy

TWO cupfuls brown sugar, one cupful granulated sugar, one tablespoonful butter, pinch of salt, one teaspoonful vanilla extract, and one-half cupful of thick cream. One pound pecans, coarsely chopped. Place the sugar, butter, salt, and cream in a saucepan, cook and stir until the mixture is melted. Then lower the heat and cook until it reaches the soft ball stage. Do not stir the mixture while at the boiling point. Remove from the fire and let stand ten minutes, then beat until it begins to thicken slightly, then add the vanilla and nuts, and immediately pour out on a greased platter. Make the mixture into flat round cakes about two inches in diameter. Place a whole pecan in the centre of each cake. To have this perfect, care must be taken, first, not to cook too long; second, not to beat it before it is sufficiently cool, and third, not to beat one single time after you can see that it is beginning to grain.

Candied Almonds

BLANCH almonds, make a syrup of one cupful of brown sugar, one quarter of a cupful of water, brown the nuts in this, and serve as a bon-bon.

GERMAN CHRISTMAS CANDIES

Ginger Jump

MELT about a cupful of fondant in a double boiler or in a jar or cup over boiling water. Stir into it one-third cupful of candied ginger cut into small pieces. Pour the mixture into a square shallow pan, and when it is firm cut into strips with a sharp knife. Chopped figs, candied orange peel, or nuts, are good to use in place of the ginger.

Marzipan

BLANCH a pound of the best almonds and pound them nearly to a powder. In the absence of a mortar, a chopping bowl and an old-fashioned potato masher will answer the purpose. Add three-quarters of a pound of confectioners' sugar and a few drops of orange-flower water or of orange juice. Beat all together until a smooth paste is formed. Dust a little powdered sugar on a bread board, and roll out the paste, shaping it as you please. Brush it with fine sugar wet with a little orange water, and bake a very light brown in a slow oven. From the same paste small pieces may be rolled with the hand into round balls and dipped in cinnamon mixed with light-brown sugar. The flavor of this marzipan is much like that which is sold at holiday time for about a dollar a pound.

XXIII.—JELLIES, JAMS, PRESERVES, AND MARMALADES

THE general rule for successful jelly-making is to strain the juice through a flannel bag, using as much sugar as juice. The juice is to be boiled alone for ten minutes, sugar which has been heated is to be added, and boiled ten minutes longer. The glasses are to be covered with paraffin.

Crab-Apple Jelly

BOIL, halve, and quarter crab-apples. Strain through the jelly bag, add pint for pint of sugar, boil twenty minutes. Pour hot into glasses, seal when cold.

Red Pepper Jelly for Cold Meats

CHOP ripe red peppers, put into a granite kettle, inside another kettle of cold water over a very hot fire. Let it boil till the juice is extracted. To every pint of juice allow a pound of sugar. Boil till thick. Seal in small cheese jars.

Currant Jelly

THE currants must not be over-ripe. Put in water and cook until fruit is soft. Drain through a bag. Allow a pound of sugar to a pint of juice. Boil twenty minutes. Pour into jelly glasses. Seal when cool.

Strawberry Jelly

STEM, wash, and mash the berries, drain in a jelly bag or press through a piece of cheesecloth. To each pint allow one pound of sugar. Put the juice over the fire, bring to boiling point, boil for fifteen minutes; add the sugar; stir until the sugar is dissolved; boil for five minutes and begin to try. Put a little in a saucer, and stand it on the ice; if it forms a jelly-like crust on the surface fill it into tumblers.

Kumquat Jelly

1½ cupfuls kumquat juice.
½ cupful sugar.
4 tablespoonfuls sauterne.
2 tablespoonfuls orange curaçoa.
1½ tablespoonfuls granulated gelatin.
2 tablespoonfuls cold water.
A few grains salt.

PICK over and wipe a box of kumquats; slice three-fourths of them, remove seeds; cover with cold water, bring to the boiling point, and cook slowly thirty minutes; strain; there should be one and one-half cups of juice. Add sugar, wine, and curaçoa. Soak the gelatin in cold water half an hour, add to kumquat mixture, and again reheat to boiling point; add salt. Strain, pour into small fancy moulds, and chill thoroughly. Unmould on serving dish and garnish with the remaining kumquats cut in halves lengthwise, and cooked in a rich syrup until tender, then drained, and dipped in coarse granulated sugar. Use some of the foliage for decorating dish, if in good condition. Excellent with game or cold meats.

Quick Aspic Jelly

STRAIN one quart can of Julienne or *consommé* soup, add one bay leaf, one teaspoonful of tarragon vinegar, one sprig of parsley, simmer ten minutes. Cover one tablespoonful of granulated gelatin with one-half cupful of cold water. Let it stand half an hour, add to the soup, and strain through cloth, adding two tablespoonfuls of sherry. Chicken aspic is made by using one quart of chicken soup; likewise tomato aspic by using tomato soup, straining each can most carefuly and omitting the sherry.

Aspic Jelly

THIS is fine for garnishing cold ham, tongue, turkey, or chicken. Four tablespoonfuls each, carrot, onion, and celery, cut in small cubes; four sprays parsley, four sprigs thyme, two

spring marjoram, six cloves, one teaspoon peppercorns, one bay leaf, one and three-quarters cups white wine, two boxes gelatin, two quarts of chicken stock for vegetables and white meats, or two quarts brown stock for dark meats, the juice of two small lemons, whites of four eggs. Put vegetables, seasoning, and wine, except one-fourth of a cup, into a large saucepan; cook ten minutes and strain, reserving the liquor. To the stock add gelatin and lemon juice. Heat to boiling point, add strained liquid, season to taste with salt and cayenne. Beat whites of eggs slightly, and dilute with one-fourth cup white wine, add one cup of the hot liquid, stirring constantly. Add this mixture slowly to stock, and continue stirring until boiling point is reached. Reduce heat and let stand thirty minutes. Place a fine sieve over a bowl, lay in it two thicknesses of cheesecloth previously wet in hot water, strain mixture through it or through a jelly bag. The basis of aspic jelly is always meat stock. It is chiefly used in the preparation of elaborate entrées, where game, chicken, fish or vegetables are to be served moulded in jelly. When preparing this jelly use as much liquid as the vessel which is to contain bird, ham, vegetable, etc., will hold. Gelatin is held in high favor by food specialists when used with beef juice (aspic jelly is then formed), eggs, cream, milk or any strong nourishment. When using the aspic as covering, have it just about as soft as thick cream, and pour it with a spoon over the object to be coated.

Aspic Border

One quart aspic jelly.
White of one hard-boiled egg.
2 slices of cooked beef.
2 slices of cooked carrot.

Put a tin border mould in a pan, and surround it with broken ice. Into the border, pour the liquid jelly to the depth of about three-quarters of an inch. Let this harden; then with a small fancy cutter, stamp out some pieces from the vegetables and white of egg. Decorate the congealed jelly with this. Wet the decorations with three tablespoonfuls of

liquid jelly, and let this stand for half an hour, that the decorations may become fixed. Now gently pour the remainder of the jelly into the mould. Set away for five or six hours (twenty-four would be better.) When the dish is to be served, dip the mould into tepid water for a few seconds; then see that the jelly comes away from the sides. Place a flat dish over the mould, and invert the dish and mould simultaneously. Wait a few seconds before lifting the mould. This border may be filled with any kind of salad, with boned birds, or with any kind of cold meat, cut in dainty pieces, and served with mayonnaise dressing.

Raspberry Jam

PLACE six pounds of raspberries in a pan with one and one-half pints of currant jelly, boil twenty minutes, skim, add four pounds of sugar, boil an hour. Skim carefully, pour into hot jars, seal with paraffin.

Apricot Jam

PARE and stone the apricots, sprinkle with powdered sugar, using one pound of sugar to every pound and one-half of the fruit. Let it stand for twelve hours. Blanch the pits, put with the apricots and sugar, simmer one hour, take out, and boil the syrup fifteen minutes longer, skim carefully, put the fruit in jars, pour over the hot syrup, and seal.

Currant Jam

WASH, stem, and mash the currants. Take pound for pound of fruit and sugar. Put the currants and one quarter of the sugar into a granite kettle, stir, and when it comes to a boil, add the rest of the sugar. Let it boil till very thick.

Orange Jam

SLICE and remove the seed from one dozen oranges, pour over three quarts of water, and let them stand over night. In the morning add six pounds of sugar. Cook until thick. Seal in empty cheese jars with paraffin.

Grape Jam

PULP and seed Concord grapes, weigh them and allow three-quarters of a pound of sugar to every pound of the fruit. Put pulp and juice in a preserving kettle, and cook them steadily for half an hour after they come to a boil. Stir often. Add the sugar, cook twenty minutes more, and put into small jars. Seal. If there is more juice than is needed for the jam, dip it out before adding the sugar, and make it into jelly, allowing a pound of sugar to each pint of juice.

Blueberry Jam

WASH and drain blueberries. To every pound of berries, add one-half pound of sugar, and one-half a navel orange sliced thin, rind and all. Cook till thick, stirring to prevent burning.

English Gooseberry Preserves

FIVE pounds seeded gooseberries, one and one-half pounds raisins, five pounds sugar (crushed loaf sugar preferred), three oranges, the juice and rind. Put the berries, raisins, and peel through a meat grinder, add sugar and orange juice, and cook like jam — about four hours' slow cooking. Do not strain the fruit.

Yellow Tomato Preserves

PEEL the tomatoes, and to each pound add a pound of sugar and let stand over night. Take the tomatoes out of the sugar and boil the syrup, removing the scum. Put in the tomatoes and boil gently twenty minutes; remove the fruit again and boil until the syrup thickens. On cooling put the fruit into jars and pour the syrup over.

Preserved Grapes

A DELICIOUS preserve can be made of California grapes. Cut each grape open with a knife and extract the seeds; add

sugar to the fruit, pound for pound; cook slowly for half an hour or longer until the syrup and pulp of the grape are perfectly clear and transparent.

Rhubarb and Fig Preserves

FOR this take three pounds of rhubarb, two and one-half pounds of sugar, half a pound of figs, and two ounces of candied peel, half orange and half lemon; wipe the rhubarb, cut it into inch lengths, and place on a large dish. Chop finely the figs and candied peel and scatter them over the rhubarb; lay on this the sugar, and let stand till next day. Boil the preserve slowly for an hour, or longer if necessary, with addition of a small piece of ginger for last half-hour.

Citron Preserves

PEEL, slice them and cut into small pieces. Cover with weak salt water and let stand twelve hours; soak in water. Boil in clear water an hour or more, drain well. To each quart of melon use a half-pint of whole raisins and a pint of sugar. Melt the sugar by adding sufficient water to moisten well and place on the fire, stirring so as not to let burn. When a syrup is formed, add fruits and boil until well done, say two hours. Either use spices or flavor by slicing lemons in a half-hour before done. Add ground ginger also.

Tutti-Frutti Preserves

PLACE in a stone jar one pint of brandy and add the fresh fruits then in season. Use a quart of each variety of fruit, carefully prepared and mixed with an equal quantity of sugar. The best fruits for this use are those of bright flavors such as strawberries, raspberries, peaches, and pineapples. Blackberries are objectionable on account of their coarse seeds. Stir the preserve daily until all the fruits have been added. There should be enough of the syrup to keep the fruits well moistened.

Red Watermelon Preserves

DICE the red part, use half as much sugar as melon; to every six pounds of melon put the juice and rind of two lemons. Cook in a granite kettle, test on a saucer, and when thick as preserves seal up in hot pint jars. It is delicious and a beautiful red color.

Preserved Pineapple

CUT the fruit into slices, then peel and cut into small dice-shaped pieces, and weigh. For six pounds of fruit place four pounds of sugar with one quart water over the fire, cook a few minutes, removing all black scum, then add the fruit, cover, and cook slowly forty-five minutes, then fill scalding hot into jars, close, and set in a cool place.

Tutti-Frutti Paste

TAKE equal quantities of apples, pears, and plums, cut into bits, stir until tender, then strain through a fine sieve. Weigh, and allow weight for weight or measure for measure of sugar. Cook for three hours in a granite kettle. Stir constantly. When very thick turn into shallow pan or dishes, cover with paraffin. Slice or cut into squares when ready to use.

Orange Marmalade

ONE dozen fine navel oranges; weigh them. Slice very thin, skin and all. Two pints of water to one pound of oranges. Soak twenty-four hours. Boil gently, uncovered, until a fork will easily penetrate the skins. Remove from the stove, and let cool. Measure again, and to each pint add one and one-quarter pounds of sugar. Cook one and three-quarter hours, without stirring. Then add the juice of five lemons.

Amber Marmalade

SHAVE one orange, one lemon, and one grapefruit very thin, rejecting nothing but seeds and cores. Measure the fruit, and add to it three times the quantity of water. Let it

stand in an earthen dish over night, and next morning boil for ten minutes only. Stand another night, and the second morning add pint for pint of sugar, and boil steadily till it jellies. This rule is supposed to make twelve glasses. Stir very little; requires two hours' cooking.

Lemon Marmalade

SCRUB well one dozen lemons with a brush and cold water, rinse and dry. Then, with a sharp knife, cut into thin slices. Remove the pips as the fruit is sliced, drop them into a small bowl and cover with cold water. Weigh the fruit, and for each pound add three cupfuls and a half of cold water, and let stand over night. Turn into a large agate pan, add the water from the pips, pressing hard. Boil slowly for one hour, add one pound of sugar for each pound as previously weighed, and continue to boil slowly until it will jelly when dropped on a cold saucer. Put up in glasses or small pots.

Peach Marmalade

PLACE the peaches in a wire basket, and plunge into boiling water, then into cold water to make the skins come off easily. Weigh the peaches after they have been pared and pitted, and allow three-fourths of a pound of sugar to a pound of fruit. Crack one-fourth of the pits; cut them in small pieces, and steep slowly for fifteen minutes in a cup of water, then strain. Mash the fruit, and heat slowly, stirring and mashing constantly; cook forty-five minutes, add the warm sugar, skimming well, boil five minutes longer, then add the juice of one lemon to every three pounds of fruit and the water in which the kernels were steeped, and boil the whole ten minutes longer; then test.

Crab-Apple Marmalade

CORE, but do not peel, the apples. Put the fruit on to cook in a very little water, and boil slowly until well broken, then press it through a colander. Weigh the pulp and place it on the fire, and boil until quite thick. Allow three-fourths of a

pound of sugar to every pound of fruit, and the juice of three lemons to every three pounds of fruit; add these to the pulp and boil forty-five minutes longer, and then test. Apple marmalade should be a trifle stiffer than peach marmalade.

Rhubarb Marmalade

FIVE pounds of rhubarb cut into cubes, one can of grated pineapple will do if a fresh one is not obtainable; five pounds of sugar. If fresh pineapple is used, cook one hour with the rhubarb and sugar. If canned add it fifteen minutes before it is done. Pour into jars and seal.

XXIV.—RELISHES, PICKLES, ETC.

MAKE your own chili sauces, relishes, and pickles; do not depend upon concoctions where acids take the place of vinegar. There is no doubt that all these manufactured articles are much more pure than they were several years ago, but there is a delightfully "homey" taste to what you make yourself. The housewife surely has a right to take an honest pride in the shelves laden with pickles, sauces, etc., which will add such a variety to her menus, and make possible most palatable dishes of which no one knows the secret but herself.

Chili Sauce

PEEL four quarts of half-ripe tomatoes, halve crosswise, and take out the seeds. Drain on a sieve and chop fine. Chop two onions and two red peppers. Add to the tomatoes with half a cup of grated horseradish, half a cup of salt, one cup of mustard seed, one tablespoon of white pepper, one cup of sugar, one tablespoon of ground cinnamon, half a tablespoon each of ground mace and cloves, and one quart of vinegar. Cook steadily with frequent stirring for one or two hours, and bottle hot.

Baltimore Relish

CHOP fine one small head of crisp white cabbage; there should be two cupfuls. To this add two finely chopped green peppers, mix thoroughly, cover, and set aside in a cool place. When ready to serve add one teaspoonful celery seed, one teaspoonful salt, one-half teaspoonful mustard seed, four tablespoonfuls either white or brown sugar, and three tablespoonfuls vinegar, diluted with one tablespoonful cold water. Toss all lightly with a fork to mix well. Cut a slice from the blossom ends of as many lemons as desired; scoop out the pulp (latter may be used for lemon ice or lemonade); cut a thin slice from

the stem end, so that the cup will keep its place. Pink the top edge, chill them in ice water, drain and dry them, and fill each with the relish. Serve with fish course on small plates, on a dainty lace paper doily.

Pickled Prunes

TWO pounds steamed prunes; drain and boil in syrup made of half cup each vinegar and sugar, one-fourth teaspoon each cloves, cinnamon, and allspice; can, and set away until ready to use.

Beet Relish

ONE quart cooked and chopped beets, one quart chopped cabbage, one large cupful celery, one-half cupful horseradish, one cupful granulated sugar, one tablespoonful salt, one-half teaspoonful black pepper, one-half teaspoonful red pepper, cover with vinegar.

Spiced Grapes

USE wild grapes if possible for this relish, and do not have them quite ripe. Wash them, put in a preserving kettle, with just enough water to keep them from burning. When soft, press through a sieve, discarding the stones and skins. To ten pounds of the pulp add five pounds of sugar, one tablespoonful of ground cinnamon, two teaspoonfuls of cloves, one teaspoonful of allspice, one grated nutmeg, and two quarts of vinegar. Boil till it is as thick as catsup, then bottle.

Pepper Chili Sauce

BOIL about a dozen red chili peppers in a quart of water until done. Rub through a colander. Brown two tablespoonfuls of flour, pour the chili over it, and add salt and vinegar to taste. Serve with meat.

Cold Catsup

PEEL one peck of sound, ripe tomatoes, without scalding them; chop fine and strain, rejecting the juice. Mix one cup each of chopped onions and celery, one cupful of sugar, one-fourth cup of salt, one cupful of white mustard seed, one tablespoonful each of ground cloves, cinnamon, and black pepper,

and four red peppers, chopped fine. Stir all together, add three pints of cider vinegar, stir again, and seal. This keeps well.

Stuffed Peaches

TAKE medium-sized peaches, wash, and take out the stones. Cover with salt water and let stand overnight. In the morning fill the centre with grated horseradish, a little celery seed, and a small piece of ginger root. Tie each peach with a string, and pack in jars. Turn over them heated vinegar with sugar and spices to taste. Seal in jars, and do not open till Thanksgiving. Fine to serve with turkey.

Stuffed Pickled Peppers

TAKE large, sweet green peppers, cut a small slit in the side of each, and carefully scoop out the seeds. Make a strong brine and put the peppers to soak in it, changing the brine three or four times. For a filling, chop red cabbage, onions, green tomatoes, small cucumbers, green grapes, beans, okra, carrots, green peppers and a few strips of horseradish. Mix these ingredients thoroughly, seasoning well with mustard seed, celery seed, and a little curry powder. Rub the inside of the peppers with a mixed spice made of ground cinnamon, cloves and allspice; then fill with the stuffing. Sew up the opening, put the peppers in a stone jar, and cover with a strong spiced vinegar. Allow them to stand at least a month, to become well seasoned before using. The same recipe may be used to stuff tiny unripened watermelons or muskmelons. These are known then as mango pickles and are very nice.

Corn Relish

COVER two pounds of corn meal carefully with a fluid composed of one part of vinegar and three parts water, add one tablespoonful brown sugar, and boil until the fluid is nearly evaporated, strain off the balance of the fluid, and set the corn meal out to cool; then take a cupful of brandy and add half a lemon; after the corn meal is cooled pour this fluid over it and let it stand over night.

Piccalilli Sauce

ONE peck of green tomatoes, two red peppers, twelve onions, one-half pint of salt, one-half pint grated horseradish, three quarts of vinegar; spices can be added if liked. Chop all very fine, add the salt, and mix well. Let this stand over night. In the morning drain off the liquid, then add the vinegar and horseradish, put into a kettle, and cool slowly for four hours, stirring often. Put into jars while hot, and seal.

Cucumber Relish for Fish

MAKE a small quantity of strong lemon jelly, using but little sugar, add to it the pulp of one grated cucumber, and set in fish-shaped moulds.

Jellied Relish for Fish

LINE fluted moulds with pimentos; press close to the flutings of the mould, and trim even with the tops of the moulds. Soften one-fourth a two-ounce package of gelatin in one-fourth a cup of cold water, and dissolve by setting the dish in hot water. Chop exceedingly fine a slice of mild onion, two green peppers or pimentos, and enough cabbage to make one pint. Mix one-fourth of a cup each of vinegar and brown sugar, half a teaspoonful each of salt, celery seed, and mustard seed, and stir into the prepared vegetables with the dissolved gelatin. Mix thoroughly and turn into the prepared moulds. This will keep in good condition for several days.

Pickled Cherries

To every quart of cherries allow a coffee-cupful of vinegar, one-half cupful of sugar, one dozen whole cloves, half a dozen blades of mace; put the vinegar and sugar on to heat with the spices, boil five minutes, turn out into a covered stoneware vessel, and let it get perfectly cold. Strain out the spices, fill small jar three-fourths full with cherries, then fill up with cold vinegar. Cork or seal tightly. Leave the stems on the cherries.

Cucumber Sauce

PARE and slice thin in slaw-cutter three dozen cucumbers. Add eight large onions cut fine, and one and one-half cups of salt; tie ina bag and drain over night. Then add one ounce of ground black pepper, two ounces of black mustard seed, one ounce of celery seed. Put in jars, and cover with pure cider vinegar.

Pickled Watermelon Rind

To each quart of the best vinegar add three pounds of the best brown sugar, four ounces of stick cinnamon, and two ounces of cloves. Bruise the spices, tie in a muslin bag, and boil with the vinegar for five minutes. Then pour over the rind, letting it stand twenty-four hours. Remove the liquid and, after heating it, pour it over the rind again, let stand another twenty-four hours, after which boil all together for a short time.

Green Tomato Pickle

SLICE one peck of green tomatoes, and one quart of onions. At night put a layer of each in a stone jar and sprinkle with salt, cover with another layer and more salt, alternating till the tomatoes and onions have been used up. Let this stand till morning, drain away the brine, then cover the sliced vegetables with vinegar, adding two ounces of black pepper, one of all-spice, and three ounces of ground mustard. Let the mixture simmer for ten minutes, then put away in jars, covering it closely.

Spiced Currants

FIVE pounds of red currants, washed and picked from the stems, three pounds of sugar, one pint of cider vinegar, one tablespoonful each of powdered cloves and cinnamon. Stew gently for three hours.

Spiced Peaches

To nine pounds of whole peaches, add five pounds of sugar and one pint of the best cider vinegar. Stick two whole cloves in each peach, prick with a fork; and stew till tender. Let them stand twenty-four hours, pour off the syrup, boil it up once, and pour over the peaches. Put up in fruit jars.

XXV.—MENUS FOR ALL OCCASIONS

WHAT to have for breakfast, for luncheon, for dinner, seven days in the week is the question over which many a housekeeper, particularly one who is "just beginning the journey," grows bewildered, weary, sometimes — dare we say it? — cross.

This chapter of menus is meant to be a helpful answer to this oft-repeated query, for while many a menu may not be used exactly, surely in the many given there will be suggestions which will make the task of planning twenty-one meals each week seem less formidable.

Breakfasts

Seven Breakfasts

Fruit.
Wheatlet with sugar and cream.
Broiled beefsteak.
Doughnuts.
Coffee.

Grapefruit.
Finnan Haddie cakes.
Buckwheat cakes, with maple syrup.
Coffee.

Creamed fish or oysters..
Mashed potato cakes, baked.
Buttered toast.
Coffee.
Cocoa.

Fruit.
Dropped eggs on toast.
Graham gems.
Coffee.

Oatmeal with sugar and cream.
Broiled chops.
Creamed potatoes.
Muffins.
Coffee.

Rice cooked with sultana raisins and cream.
Scrambled eggs.
Lyonnaise potatoes.
Corn-meal muffins.
Coffee or tea.

Corn meal mush.
Eggs fried in olive oil.
New potatoes, baked.
Baking-powder biscuits.

Sunday Breakfast

Orange or grapefruit.
Oatmeal with cream.
Chicken à la Maryland

Boiled eggs.
Corn cake.
Coffee.

Easter Breakfast

Grape fruit.
Cracked Wheat with cream.
Shirred eggs.
Creamed potatoes.
Whole-wheat bread.
Coffee.

Southern Christmas Breakfast

Malaga grapes.
Florida oranges.
Oatflake and cream.
Hot rolls.
Fried oysters.
Waffles.
Big hominy.
Cream toast.
Potato chips.
Fried sausage.
Coffee.

Luncheon Menus

Four Practical Luncheons

Chicken bouillon.
Halibut *soufflé*.
Sweetbread rolls and mushroom patties.
Potato croquettes.
Asparagus salad.
Lemon ice.
Small cakes.
Coffee.

Grapefruit with cherries.
Bouillon.
Broiled lamb chops, with potato balls.
Bread-and-butter sandwiches.
Olives.
Nut-and-celery salad.
Cheese.
Ice-cream.
Fancy cakes.
Coffee.
Bon-bons.

Grapefruit cocktail.
Purée of tomato.
Chicken patties, sweet potato croquettes.
Macaroon ice cream, with lady-fingers.
Coffee.

Clam bouillon, with whipped cream.
Sweetbread patties, with green peas.
Chicken in aspic.
Creamed potatoes, with parsley.
Asparagus salad, with French dressing.
Vanilla *parfait* in cantaloupe shell.
Angel food.
Iced chocolate.

Three Elaborate Luncheons

Grapefruit.
Cream of pea soup.
Steamed cod, with Hollandaise sauce.
Potato balls.
Cucumbers.
Entire wheat bread.
Fillet of pork, with apple garnishing.
Macaroni.
Spinach.

Parker House rolls.
Cider *frappé*.
Orange omelet.
Celery-and-nut salad, with mayonnaise dressing.
Neufchatel cheese and crackers.
Frozen Pudding.
Small cakes.
Almonds.
Olives.
Coffee.

Blue Points.
Bouillon.
Breadsticks.
Smelts, with tartare sauce.
French chops.
Rolls.
Peas and potato balls.
Lemon ice.
Sweetbread patties.
Tomato jelly, with mayonnaise dressing.
Cheese and crackers.
Nesselrode pudding.
Cakes.
Bon-bons.
Olives.
Coffee.

Grapes.
Consommé with croûtons.
Whitefish.
Potato garnish.
Tomato sauce.
Crown roast of lamb.
Peas, with potato *soufflé*.
Rolls.
Mint sherbet.
Egg salad.
Crackers and cheese.
Caramel ice-cream.
Nut-cake.
Olives.
Almonds.
Bon-bons.
Coffee.

Company Luncheon

Little neck clam cocktails.
Julienne soup.
Sweetbreads, broiled, with fresh mushrooms.
Birds roasted.
Fried celery.
Salad of lettuce and tomatoes, garnished with red peppers and French dressing.
Cheese balls of cream cheese and nuts.
Strawberry *mousse*.
Peppermints.
Coffee or chocolate.

A Spring Luncheon

Bouillon.
Smelts, tartare sauce.
Puffed potatoes.
Sweetbread croquettes, tomato sauce.
Macedoine salad.
Neufchatel cheese.
Fruit ices.
Bon-bons.

Simple Summer Lunches

Fried chicken, with corn cakes and cream gravy.
Sliced ham garnished with parsley.
Salad of tomatoes and cucumbers.
Biscuits.
Vanilla ice-cream.
Basket of mixed cakes..
Iced tea.

Sweetbreads, with green peas.
Tongue.
Thinly sliced bread.
Iced coffee, whipped cream.
Tomato salad, mayonnaise dressing.
Pistachio ice-cream.
Red raspberries, with little cakes.
Bon-bons.

Cream-of-spinach soup.
Fried fillets of fish, with tartare sauce.
Rolls.
Grapefruit salad, with French dressing.
Half-cups of coffee.

Summer Luncheon

Strawberries in green leaves.
Iced bouillon.
Croûton sticks.
Cold veal loaf and cold sliced chicken.
Orange omelet.
Asparagus-and-shrimp salad.
Cheese balls.
Dolly Varden cream.
Small cakes.
Iced tea.

Buffet Luncheon for New Year's Day

Consommé.
Sandwiches, three varieties.
Lobster or chicken salad.
Cold turkey.
Cranberry ice.
Cakes.
Frozen egg-nog.
Coffee.

A Winter Luncheon

Bouillon.
Devilled crabs.
Chicken croquettes with French peas.
Lemon sherbet.
Fried oysters, chili sauce.
Mayonnaise of celery.
Nesselrode pudding.
Coffee.

Dinners

Plain Dinners

Consommé.
Roast beef, with Yorkshire pudding.
Browned potatoes.
String beans.
Asparagus salad.
Cheese.
Crackers.
Fruit.
Coffee.

Caviare *Canapes.*
Chicken soup.
Slices of ox tongue, heated in tomato sauce and served with hominy.
Mashed potatoes.
Tomatoes, with chopped red peppers, French dressing.
Frozen cherries.
Coffee.

Cream-of-corn soup.
Olives and salted nuts.
Roast duck.
Mashed potatoes.
Baked squash.
Sliced oranges, French dressing
Mince-pie.
Vanilla ice-cream.
Coffee.
Candied ginger.

Company Sunday Dinner

Oysters on the half shell.
Roast turkey, with bread dressing.
Cranberry jelly.
Riced potatoes.
Giblet gravy.
Mashed turnip.
Celery.
Olives.
Lettuce-and-tomato salad.
Saltines.
Mince-pie.
Oranges.
Bananas.
Grapes.
Coffee.

Company Sunday Dinner

Blue Points.
Horseradish.
Sliced lemon.
Tomato bouillon.
Stuffed celery.
Olives.
Crab meat, scalloped.
Crown roast of lamb.
Green peas.
Carrots.
Latticed potatoes.
Sweetbreads and mushroom patties.
Fruit cup.
Asparagus salad.
Cheese.
Wafers.
Coffee.

Company Dinner

Grapefruit halves, with fresh strawberries in the centre.
Cream-of-spinach soup made with veal stock.
Fresh mushrooms with cream, cooked under glass bells.
Fillet of beef, with green peas.
Salad of asparagus, with French dressing.
Meringue shells filled with pistache ice-cream.
Coffee.

A Spring Dinner

Clam broth.
Broiled spring chicken, with new potatoes.
Peas and asparagus.
Tomato salad, French dressing.
Strawberry short-cake.
Camembert cheese.
Wafers.
Coffee.

Lenten Dinners

Cream-of-rice soup, croûtons.
Halibut cutlets.
Jellied relish for fish.
Mashed potatoes.
Boiled parsnips, buttered.
Crackers.
Cheese.
Coffee.

Slices of fish, baked with oysters.
Hollandaise sauce.
Potatoes on the half shell.
Cauliflower *au gratin*.
Lettuce, French dressing.
Steamed chocolate pudding.
Coffee.

Boiled salmon, egg sauce.
Boiled potatoes.
Boiled onions, buttered.
Beet salad.
Marshmallow pudding.
Coffee.

Clam broth.
Rice-and-cheese croquettes.
Stewed tomatoes.
Sliced oranges and bananas.
Cookies.
Half-cups of coffee.

Easter Dinner

Consommé.
Shad roe croquettes, Hollandaise sauce.
Rolls.
Roasted capon, giblet sauce.
Grape jelly.
Mashed potatoes, stewed celery.
Lettuce, French dressing.
Peach ice-cream.
Cakes.
Wafers.
Cheese.
Coffee.

Fourth of July Dinner

Little neck clams.
Soup *à la Julienne.*
Radishes, salted almonds, olives.
Fried chicken.
Green peas, string beans.
New potatoes in cream.
Pineapple sherbet.
Tomato salad, cheese straws.
Assorted cakes.
Cherry biscuit.
Cheese.
Wafers.
Coffee.

Thanksgiving Dinner

Oysters on the half shell.
Consommé.
Olives.
Pickles, salted almonds.
Roast turkey, oyster dressing.
Cranberries.
Celery.
Asparagus and mashed potatoes.
Sweet potatoes.
Frozen egg-nog.
Lettuce salad, French dressing.
Mince-pie, pumpkin-pie.
Cheese and wafers.
Fruit
Coffee.

Puritan Thanksgiving Dinner

Clam chowder
Fillets of cod, egg sauce.
Roast turkey stuffed with oysters.
Onion sauce.
Cranberry jelly.
Mashed potatoes.
Succotash.
Chicken salad.
Mince-pie.
Pumpkin-pie.
Coffee.

Christmas Dinners

Blue Points on half shell.
Bouillon.
Boiled salmon, sauce Hollandaise.
Salted almonds and celery.
Roast turkey, cranberry sauce.
Mashed potatoes.
Egg-nog.
Lettuce salad, French dressing.
Plum-pudding, burning brandy.
Mince-pie.
Vanilla ice-cream.
Cake.
Nuts and raisins.
Fruit.
Cheese.
Coffee.

Grapefruit cocktail.
Consommé.
Celery, olives, salted Pecan nuts.
Boiled halibut, egg sauce.
Potato balls, boiled, sprinkled with melted butter and chopped parsley.
Timbale cases, with oysters in brown sauce.
Roast goose, apple sauce.
Mashed potatoes, boiled onions, with Hollandaise sauce.
Fruit salad.
Christmas plum-pudding, hard sauce.
Apples, kumquats, Tangerine oranges.
Christmas candies.
Coffee.

SOUTHERN CHRISTMAS DINNER

Chicken gumbo soup.
Cider.
Roast goose with stuffing.
Mashed potatoes, apple sauce.
Gravy.
Buttered cauliflower.
Canned corn.
Pickled pears.
Mushrooms on toast.
Mince-pie, apple-pie.
Vanilla ice-cream, macaroons.
Oranges, grapes, apples, nuts, and raisins.
Chocolates.
Coffee.

Tea Table Suggestions

Do not plan for more than one dish cooked over the alcohol flame if a chafing dish is used, but have plenty of accessories and something to drink. Each of the following suggestive menus contains one dish cooked over alcohol, while the simple desserts may have been made early in the day and set away in the refrigerator till needed.

SUNDAY NIGHT SUPPERS

Lobster wiggle.
Bread and butter folds.
Fruit fillip.
Coffee.
Vanilla wafers.

Frizzled beef.
Toasted sandwiches.
Lemon jelly.
Tea.
Sponge cake.

Lamb terrapin.
Finger rolls.
Baked apples with cream.
Spice cookies.
Chocolate.

Raw oysters.
Welsh rarebit.
Toast.
Almonds.
Olives.
Coffee.

Fruit relish.
Fried oysters, bread sticks.
Cold slaw.
Cranberry jelly.
Celery.

Potato balls.
Chicken salad.
Olives.
Cheese straws.
Coffee.
Salted almonds.

Oyster cocktail.
Crackers.
Olives, celery.
Creamed chicken, rolls.
Tomato jelly, mayonnaise dressing.
Wafers.
Cream cheese, water thins.
Coffee.

Boiled tongue.
Italian spaghetti.
Potatoes on the half shell.
Hot corn bread.
Cucumber salad.
Strawberry ice-cream.
Cookies.
Coffee.

Easter Tea

Cold chicken.
Cress salad.
Brown bread sandwiches.
Lemon jelly.
Wafers.

Christmas High Tea or Supper

Oyster soup, olives.
Chicken salad.
Baking powder biscuit.
Orange marmalade.
Coffee.
Christmas cakes.

For Stag Suppers

Blue Points on the half-shell.
Devilled crabs, sauce tartare.
Broiled alive lobster, parsley sauce.
Roman punch.
Fried oysters, pepper sauce.
Lettuce or cucumber salad.
Wafers, cheese.
Coffee.

Clam cocktails.
Welsh rarebit.
Olive and caviare sandwiches.
Coffee.
Beer.

Card Party Refreshments

Fruit in melon shells.
Sliced veal loaf.
Tomato salad.
Sandwiches.
Grape sherbet.
Coffee.

Chicken salad in salad rolls.
Ice-cream in forms.
Coffee.

Fruit salad served in cantaloupes.
Sweet sandwiches.
Coffee.

Ham salad.
Sandwiches.
Claret cup.

Frozen fruits.
Cakes.
Bon-bons.

Manhattan salad.
Hot cheese salad.
Coffee.

Creamed chicken.
Pepper sandwiches.
Coffee.

Cold chicken.
Celery mayonnaise.
Rolls.
Punch.
Ices and cakes.
Coffee.

Toasted sandwiches.
Coffee.

Cream cheese and herring *canape.*
Brown bread and butter sandwiches.
Pickes or olives.
Manhattan salad.
Rolls.
Coffee.
Marshmallow cake.
Fruit cup.
Blood orange sherbet with pineapple, apricots, etc.
Halibut cutlets, tartare sauce.
Peas.
Rolls.
Lobster salad.
Coffee *parfait* in glasses.
Macaroons.
Lady-fingers.

Lobster, Newberg.
Bread-and-olive sandwiches.
Chicken, canned peas, and cucumber salad, mayonnaise dressing.
Rolls.
Coffee.
Orange sherbet.
Marshmallow cake.

Scalloped oysters in ramakins.
Olives.
Tiny baking powder biscuit, served hot.
Cold roast chicken, sliced thin.
Egg salad sandwiches, with mayonnaise and lettuce.
Coffee.
Maple ice-cream.
Angel food.

Three Buffet Supper Menus

Pressed chicken or veal in squares on cress.
Sandwiches of white grapes and nuts.
Pickles, chopped.
Fruit salad on white lettuce leaves.
Cheese, crackers.
Ice-cream or ices.
Cake.
Coffee or chololate.

Creamed chicken patties.
Tiny hot rolls.
Brandied peaches or sweet watermelon pickle.
Cucumber salad served on lettuce leaves or cress.
Chopped smoked tongue sandwiches.
Ice cream served in sherbet glasses.
Assorted cakes.
Coffee or chocolate.

Chicken salad served in tomatoes hollowed or in cucumber boats.
Cheese wafers.
Stuffed olives.
Tiny pickles, squares of jelly.
Strawberries.
Vanilla ice-cream.
Chocolate cake.
Coffee or chocolate.
Fruit punch served through the evening.

Wedding Menus

The essentials at any wedding feast are salad, coffee, cake, and a frozen sweet. If the ceremony is at noon, and there are few guests, a breakfast is usually served, making it a merry little feast.

If there are many guests they are seated at small tables, each having a floral decoration, fruits *glacés*, bon-bons, salted nuts, etc.

A table is reserved for the bride and bridegroom and the immediate bridal party. The menu begins with fruit, then a bouillon, or consommé in cups, fish, often served in ramakins, croquettes or patties, birds on toast, hot rolls or biscuit buttered, olives, nuts, an ice or ice-cream, in individual moulds, wedding cake, small cakes, bon-bons, coffee, liquors as desired.

Afternoon or Evening Weddings

Veal croquettes.
Hot finger-rolls.
Olives.
Salted nuts.
Individual moulds of ice-cream.
Cake.
Coffee.
Chocolate.

Chicken salad.
Two kinds of sandwiches.
Ice-cream, plain or fancy.
Cake.
Coffee.
Chocolate.
Frappé.

Simple Wedding Breakfast

Bouillon.
Creamed oyster or chicken patties.
Plain sandwiches.
Lobster or chicken salad.
Ice-cream.
Cake.
Bon-bons.
Coffee.
Chocolate.

For Parties for Children under Ten Years of Age

Chicken sandwiches.
Cocoa with a marshmallow on top.
Vanilla ice-cream.
Angel food or sunshine cake.
Peppermint candy.

Whole-wheat bread sandwiches with chopped pecan nut filling.
Cocoa.
Fancy crackers.
Chocolate ice-cream.
Sponge cakes.

Creamed chicken in ramakins.
Plain sandwiches.
Cup custard.
Ladyfingers.

XXVI.—THE KITCHEN TIME-TABLE, WEIGHTS, AND MEASURES

FOR inexperienced cooks the following tables will be helpful; but one's judgment must be exercised in their use, and family preferences consulted, especially in regard to meats.

Baking

Beans, 8 to 10 hours.
Beef, long or short fillet, 20 to 30 minutes.
Beef, rolled rib or rump, per pound 12 to 15 minutes.
Beef, sirloin, rare, per pound, 8 to 10 minutes.
Beef, sirloin, well done, per pound, 12 to 15 minutes.
Biscuits, 15 to 20 minutes.
Bread, brick loaf, 40 to 60 minutes.
Cake, plain, 20 to 40 minutes.
Cake, sponge, 45 to 60 minutes.
Chickens, 3 to 4 pounds, 1 to 1½ hours.
Cookies, 10 to 15 minutes.
Custards, 15 to 20 minutes.
Duck, tame, 40 to 60 minutes.
Duck, wild, 30 to 40 minutes.
Fish, 6 to 8 pounds, 1 hour.
Fish, small, 30 minutes.
Gingerbread, 30 minutes.
Graham gems, 30 minutes.
Lamb, well done, per pound, 15 minutes.
Liver, baked or braised, 1 to 1½ hours.
Meat, braised, 3 to 4 hours.
Mutton, well done, per pound, 15 minutes.
Pie crust, 30 to 40 minutes.
Pigeons, grouse, other large birds, 30 minutes.
Pork, well done, per pound, 30 minutes.
Potatoes, 35 to 40 minutes.
Pudding, plum, 2 to 3 hours.
Puddings, bread, rice, tapioca, 1 hour.
Rolls, 10 to 15 minutes.
Small birds, 10 to 15 minutes.
Veal, well done, per pound, 20 minutes.
Venison, per pound, 15 minutes.

Boiling

Asparagus, 20 to 30 minutes.
Bass, per pound, 10 minutes.
Beans, shell, 1 to 2 hours.
Beans, string, 2 hours.
Beef, à la mode, 3 to 4 hours.
Beets, winter, 3 to 4 hours.
Beets, young, 45 to 60 minutes.
Bluefish, per pound, 10 minutes.
Brownbread, 3 hours.
Cabbage, young, 40 minutes.
Cabbage, winter, 3 hours.
Carrots, 1 hour.

Cauliflower, 30 to 45 minutes.
Celery, 30 to 45 minutes.
Chickens, young, 60 minutes.
Clams, 3 to 5 minutes.
Cod, per pound, 6 minutes.
Coffee, 3 to 5 minutes.
Corn, green, 5 to 8 minutes.
Corned beef, 5 hours, gentle simmering.
Dandelions, 1½ hours.
Eggs, 3 to 5 minutes.
Eggs, hard cooked, 45 minutes in water under boiling.
Fowls, 2 to 3 hours.
Haddock, per pound, 6 minutes.
Halibut, per pound, cubical, 15 minutes.
Ham, 5 hours.
Hominy, 1 to 2 hours.
Lamb, 1 hour.
Macaroni, 20 to 30 minutes.
Oatmeal, 1 to 2 hours.
Onions, 45 minutes.
Oysters, 3 minutes.
Parsnips, 45 minutes.
Peas, 20 minutes.
Potatoes, 20 to 30 minutes.
Potatoes, sweet, 45 minutes.
Rice, in double boiler, 1 hour.
Salmon, per pound, 15 minutes.
Small fish, per pound, 6 minutes.
Smoked tongue, 4 hours.
Spinach, 30 minutes.
Squash, 30 minutes.
Sweetbreads, 30 minutes.
Tomatoes, 20 minutes.
Turkey, 3 hours.
Turnips, winter, 2 hours.
Turnips, young, 1 hour.
Veal, 1 to 2 hours.
Vegetable oyster, 30 to 60 minutes.
Wheat, 2 hours.

Broiling

Chicken, 20 minutes.
Chops, 8 minutes.
Steak, 1 inch thick, 6 minutes.
Steak, 1½ inches thick, 8 minutes.
Fish, small, thin, 5 to 8 minutes.
Fish, thick, 12 to 15 minutes.

Frying

Bacon, 3 to 5 minutes.
Breaded chops, 4 to 6 minutes.
Croquettes, 2 minutes.
Doughnuts, 3 to 5 minutes.
Fishballs, 2 minutes.
Fritters, 3 to 5 minutes.
Muffins, 3 to 5 minutes.
Slices of fish, 4 to 6 minutes.
Small fish, 1 to 3 minutes.
Smelts, 2 minutes.

Weights and Measures

2½ Teaspoonfuls make One Tablespoonful.
4 Tablespoonfuls make One Wineglassful.
2 Wineglassfuls make One Gill.
2 Gills make One Teacupful.
2 Teacupfuls make One Pint.
4 Teaspoonfuls Salt make One Ounce.
1½ Tablespoonfuls Granulated Sugar make One Ounce.
2 Tablespoonfuls Flour make One Ounce.

1 Pint Loaf Sugar weighs Ten Ounces.
1 Pint Brown Sugar weighs Twelve Ounces.
1 Pint Granulated Sugar weighs Sixteen Ounces.
1 Pint Wheat Flour weighs Nine Ounces.
1 Pint Corn Meal weighs Eleven Ounces.
10 Ordinary-sized Eggs about Sixteen Ounces.
A Piece of Butter the size of an egg about 1½ Ounces.

Table of Proportions

2 rounding or 4 even teaspoonfuls of baking powder to 1 quart of flour.
1 teaspoonful of flavoring extract to 1 quart custard.
1 teaspoonful of soda to 1 pint sour milk.
1 teaspoonful of extract of beef to 1 quart hot water.
1 teaspoonful of mixed herbs to 1 quart soup stock.
1 teaspoonful soda to 1 cup of molasses.
¼ teaspoonful of extract of beef to 1 cup of hot water.
1 teaspoonful of salt to 1 quart of soup stock or 2 quarts of flour.
1 tablespoonful of each chopped vegetable to 1 quart soup stock.

Read About This Interesting Process

In the milling of "ATLAS FANCY FLOUR", the manufacturers, in their more than forty-five years of experience, have spared no expense in using the latest inventions and improvements so as to enable them to turn out the most superior flour that has ever been made.

The wheat used in the milling of "ATLAS FANCY FLOUR" is especially selected by expert wheat buyers, and only the most choice and hardest varieties pass their exacting scrutiny. Every bushel of wheat is carefully analyzed by our chemists in our laboratories before it is allowed to be put into our elevator storage building, where always a big stock is kept on hand to insure absolute uniformity and a constant supply of the very highest quality of wheat. We can store in our elevators over one-half million bushels of wheat. Every bin in this elevator is equipped with Zeleny's wonderful invention of Multiplex Thermometer, which indicates the temperature of the wheat every five feet of the entire depth. When you consider that each bin is eighty-five feet deep, it is realized how important it is that the miller should at all times know the exact temperature of the wheat in the full depth of the bin, so as to assure him that the wheat remains in exactly the same excellent condition as it was when it was put into the bin. Wheat can easily get out of condition, and consequently turn out poor flour, if it becomes heated. The ATLAS FLOUR MILLER therefore assures himself from the very beginning, that the wheat that is to be used for "ATLAS FANCY FLOUR" is in the most perfect and sound condition.

From the large tile storage elevator, the wheat is taken automatically to one of the most modern and improved *Wheat Cleaning Departments* that has ever been erected. This Department contains innumerable separators and scour-

ing machines which separate the foreign seeds that grow in among the wheat, such as corn, oats, straw, flax seed, mustard seed, cockle, weeds, etc. After the wheat has been thoroughly scoured and every particle of foreign material has been removed, the wheat is transferred to the washing machines. Every kernel of wheat used in the milling of "ATLAS FANCY FLOUR" *is thoroughly washed in the purest crystal-like artesian spring water.* No other milling process has this painstaking care given to it so as to thoroughly and completely remove any possible impurity remaining in or on the wheat before the wheat is taken into the flour mill proper.

After the wheat has been thoroughly dried, it is taken to the blending bins in the flouring mills, so that a perfect blend is made of the several characters of wheat, so as to insure not alone the very highest quality but absolute uniformity of quality at all times and under all circumstances. The wheat is broken five times and then is gradually reduced on the roller mills, which contain most modern and improved steel rolls. This is a very advanced method of flour milling and is far superior to any other yet invented.

Throughout the milling process, the flour passes through horizontal as well as centrifugal sifting machines which are clothed with *the finest silk bolting cloth,* especially made for this purpose and imported from Switzerland.

Throughout the flouring mills, *a suction of clean, pure air* is applied to every machine, elevator and conveyor, so as to have the process *the most sanitary and free from impurities.* The flour passes in its process, from the time that the wheat first enters the flouring mills until it is sent to the packing machines, very many thousands of feet in its course from one machine to another. *All this is done by automatic machinery,* and never throughout the entire process do human hands come in contact with the product. When the flour

is ready for packing, it flows into the packing bins, under which there is one more sifter, so as to further assure that no impurity can possibly get into the bags of "ATLAS FANCY FLOUR" when packed ready for the consumers. Millions of bags of "ATLAS FANCY FLOUR" are used annually and its consumption is constantly increasing as the consumers realize its superior quality and many advantages in its use.

So as to make doubly sure that "ATLAS FANCY FLOUR" in every respect and particular is at all times of the high standard of quality that has been established for it, samples of the flour are taken every hour of the twenty-four hours run, to the laboratories, where the same are tested in every conceivable way. Here bread is baked in electrically heated ovens, in the same manner as the housewife bakes her bread. It is said that "the proof of the pudding is the eating thereof," and so one can say also that "the proof of the quality of flour is in the baking of the same." Therefore, our chemists are constantly on the alert to test out and prove that "ATLAS FANCY FLOUR" is continually produced and shipped out only of our exacting quality in every way. "ATLAS FANCY FLOUR" is sold under a guarantee to give perfect satisfaction in every way, and under all circumstances, or the full purchase price is refunded.

ATLAS FLOUR MILLS MILWAUKEE.

The Very Highest Quality

Milled Scientifically From The Choicest
And Most Select Hard Spring Wheat By

ATLAS FLOUR MILLS

Milwaukee

Milling Capacity Between 3 and 4 Million
Bags Annually.

Established 1878.

Continually Growing and Selling More and
More Flour Every Year.

The Very Highest Quality

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ATLAS FLOUR MILLS
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ATLAS
FLOUR
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BOOK

Price
Two
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FLOUR
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ATLAS FLOUR COOK BOOK

Price Two Dollars